

DAY 3

Weaknesses.

There are things you're not great at. It's a fact for everyone. Everyone has things they're not very good at. They're called weaknesses. They're things that aren't easy for you, things that give you trouble. They're things people usually try to hide and ignore, but be real and honest for a minute so you can be in position to face them.

Write down 4 weaknesses, things that give you trouble.

1.

2.

3.

4.



This might sound a little crazy, but weaknesses are an important part of who you are. Weaknesses define and shape you as a person just as much as your strengths (and honestly maybe even more). They're things to embrace. You don't necessarily have to be proud of them, but you do have to accept them, acknowledge them, face them, and work on them.

Weaknesses aren't much fun most of the time, but they are not things to be afraid of, and they are not things to limit you.

There are things you don't like to do. There are things you don't like, period.

They might be related to your weaknesses, or they might be completely different. For example, one of your weaknesses might be with drawing, and so you might not like art. Or, maybe you don't like video games. You don't have a reason, you just don't like them. You don't have to have a reason. There are just some things you don't like.

Write down 4 things you don't like.

1.

2.

3.

4.