



# MY UNIQUE BEING

Sitting with God to rediscover my authentic self.



PAIN  
PASSION  
PURPOSE

EMERGE STRONGER  
MY UNIQUE BEING

WHAT DO I VALUE IN LIFE  
& RELATIONSHIPS?

WHAT BELIEFS OR CAUSES DO I  
STAND FOR AND WHY?

WHAT ARE MY NATURAL  
GOD-GIVEN TALENTS?



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WHAT ARE MY FAVOURITE  
THINGS TO RELAX

WHAT DO I FIND FUN?

WHO ARE MY FAVOURITE  
PEOPLE & WHY?

WHAT ARE MY FAVOURITE THINGS  
TO EAT & DRINK

WHAT DO I FIND FUNNY?

WHO AND WHAT INSPIRES ME & WHY?



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WHAT ARE MY FAVOURITE STYLES  
OF CLOTHING?

WHERE ARE MY FAVOURITE PLACES?

WHAT ARE MY FAVOURITE BANDS,  
BOOKS, MOVIES, SHOWS?

WHAT ARE MY FAVOURITE HOBBIES  
OR PAST-TIMES?

WHAT ARE MY GREATEST ACHIEVEMENTS?

WHAT'S ON YOUR BUCKET  
-LIST OF THINGS  
TO SEE OR DO IN YOUR LIFETIME?

