



## Transformation Eval

Write as many endings as you can, as quickly as you can, for the “I am \_\_\_\_\_” stubs in each category. Let your mind free-flow. Your answers don’t have to be logical or make sense.

I am \_\_\_\_\_  
(Physical Characteristics)

I am \_\_\_\_\_  
(Mental)

I am \_\_\_\_\_  
(Career)

I am \_\_\_\_\_  
(Love)

I am \_\_\_\_\_  
(Emotional)

I am \_\_\_\_\_  
(Social)

I am \_\_\_\_\_  
(Relationship)

I am \_\_\_\_\_  
(Family)

\_\_\_\_\_ makes me feel happy.

\_\_\_\_\_ makes me feel angry.

\_\_\_\_\_ makes me feel sad.

\_\_\_\_\_ makes me feel guilty.

Men are \_\_\_\_\_

Women are \_\_\_\_\_

Babies are \_\_\_\_\_

Puppies are \_\_\_\_\_

Money is \_\_\_\_\_

People are \_\_\_\_\_

Sex is \_\_\_\_\_

Life is \_\_\_\_\_

Love is \_\_\_\_\_

I am a \_\_\_\_\_ Person.

I can \_\_\_\_\_

I can't \_\_\_\_\_

I should \_\_\_\_\_

I shouldn't \_\_\_\_\_

It's wrong to \_\_\_\_\_

I \_\_\_\_\_ myself.

On a scale from 1 to 10 how much would you say that you believe in yourself?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_  
6 \_\_\_\_\_ 7 \_\_\_\_\_ 8 \_\_\_\_\_ 9 \_\_\_\_\_ 10 \_\_\_\_\_

How interested are you in receiving an insight that would challenge you to make a change in yourself?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_  
6 \_\_\_\_\_ 7 \_\_\_\_\_ 8 \_\_\_\_\_ 9 \_\_\_\_\_ 10 \_\_\_\_\_