

## Foundations Day Fifteen Assignment

Use the immeasurable traits list provided to fill in the blanks. If the sentence does not apply to you, skip over it or fill in the noun that does apply. If you do not find a trait that fits, use your own descriptive word.

I am a	mother/fa	ather	I am a		sister/brother
I am a	uncle/au	nt	I am a		daughter/son
I am a	friend		I am a		employee
I am a	boss/ma	nager	I am a		wife/girlfriend/ husband/boyfriend
I am a	guest		I am a		host/hostess
I am a	client/cu	stomer	I am a		driver
I am	with mor	iey	I am		with my time
Immeasurable Tra	its				
annoying	classy	fit		organized	skinny
athletic	clever	flan	nboyant	overweight	slow
attractive	confident	fun		pensive	smart
authentic	conscientious	funr	лу	persistent	sneaky
average	conservative	gen	erous	plain	street-smart
awkward	controlling	goo	d	prompt	strong
bad	cool	goo	fy	protective	talented
boring	creative	hea	lthy	quiet	talkative
bossy	cute	hon	est	rebellious	tall
braggadocious	daring	inte	lligent	reckless	thoughtful
brave	devoted	inte	resting	reliable	timid
busy	disciplined	loud	k	selfish	trusting
caring	dramatic	lova	able	sensitive	uncoordinated
cautious	driven	mar	nipulative	short	weak
charismatic	easy-going	mes	ssy	shy	weird

These are many of the things that you believe you are. This is your identity. Notice that even the positive and empowering traits and statements are limiting. While you may be all of these things, you are also much, much more. You are limitless.

naive

silly

witty

charming

educated



Foundations Day Fifteen Assignment

1) Now take one word you circled from the Immeasurable list and describe one time when you have been the opposite of that word.

2) Take one "I am" sentence and describe a time when you were the opposite of that statement

## **Measurable Traits**

Fill in the blanks with your personal information.

Hair Color	Eye Color	Height	
Weight	Race	Ethnicity	
Gender	Marital Status	Birth Place	
Birthday	Zodiac Sign		
Employment Status			
Work/Career Industry			
Level of Formal Education			
Degrees			
Certifications			
Club/Society Memberships			