



Just Three Words

Sometimes answering questions quickly can help you gain a unique perspective on your thoughts and feelings. The object of this exercise is to write down the first words that come to your mind.

Answer the questions below with just three words. If you can't think of three words after a few seconds, go on to the next question. When you are done, go back and fill in any words that are missing, taking the time to reflect on why some questions were harder for you to answer than others.

What are three words that best describe you?

What are three words that describe your best friend?

What are three words that describe your spouse or significant other?

What are your three most important values?

What are the three emotions you are most likely to have each day?

What are three things that always make you smile?

What are three things you fear?

What are three things that make your life worthwhile?
