

The following questions are designed to **guide us towards increasing our awareness of where we have come from and clarifying where we want to go.**

This worksheet was inspired by the brief speech given by Ashton Kutcher at the Teen Choice Awards ([www.youtube.com/watch?v=FNXwKGZHmDc](http://www.youtube.com/watch?v=FNXwKGZHmDc)).

1. What situations in your past have looked like hard work, but may have actually been opportunities?
2. What hard work are you willing / needing to do if it will be a stepping stone towards a life you want to live?
3. How have you been “Sexy” (smart, thoughtful, generous) in the past? How will you be “sexy” in the future?
4. What can you do to help yourself not “buy all the crap that other people try to sell that says you are not sexy”?
5. Describe the life you have “built” so far (intentionally or not).
6. Describe the life you want to build moving forward.
7. What is one meaningful step you can take towards building that life when you are ready?