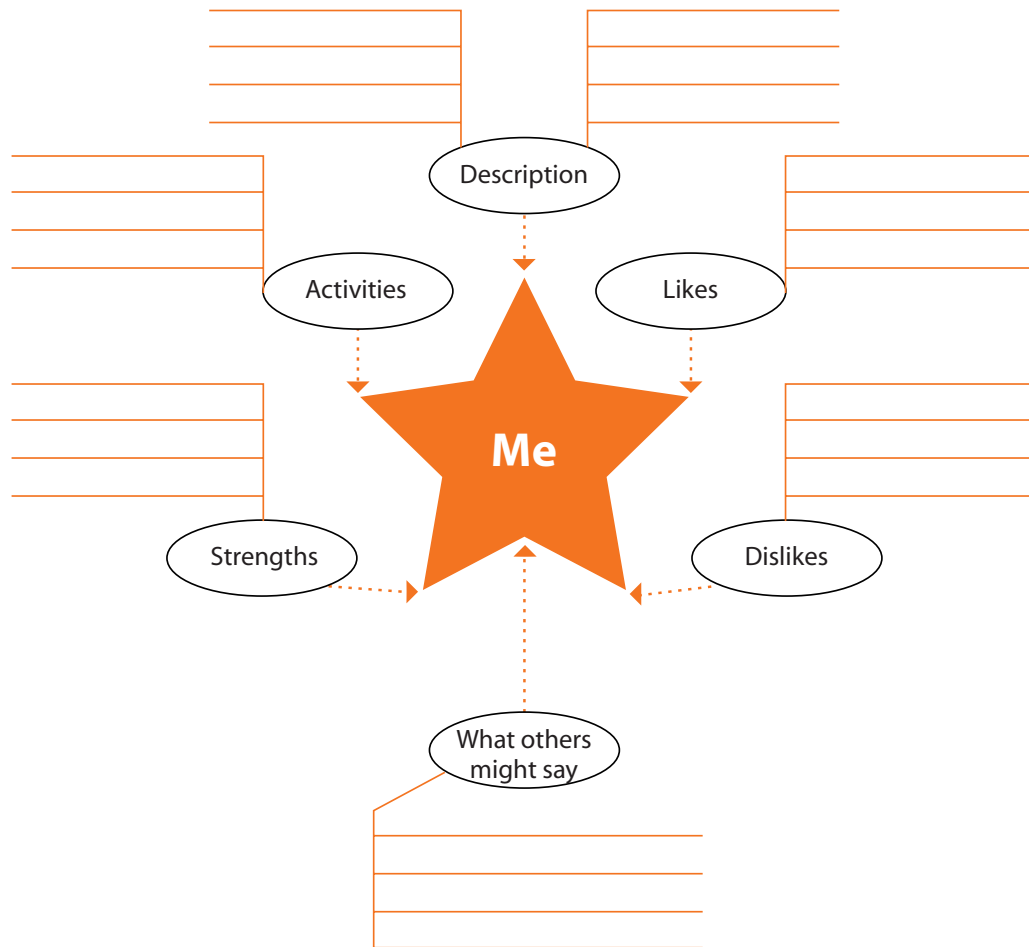


Protocol #8: EXERCISE 1

MAPPING Awareness—Making Action Plans

Who are you? Describe yourself in as many ways as possible. What words describe you? What do you like? Dislike? What are your favorite activities? What are your strengths? Talents? What would others say about who you are?



With your advisor, can you select the attributes that make you most distinctive?