

EXERCISE: LEARN FROM YOUR PATH OF LIFE

1. HOW HAVE I SURVIVED THE DIFFICULTIES IN MY LIFE?

A large, empty rectangular box with a thin black border, occupying the majority of the page below the question. It is intended for the user to write their response to the question 'HOW HAVE I SURVIVED THE DIFFICULTIES IN MY LIFE?'. The box is completely blank and contains no text or markings.

2. WHAT KIND OF GOOD EXPERIENCES HAVE I HAD IN MY LIFE?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above. The box occupies most of the page's vertical space.