

DivaTude Workshop Exercise 2 ***Are you Dawn Diva or Victoria Victim?***

Take the top five things you like about yourself from the last exercise and put under your Dawn the Diva column. Take the top 5 things you don't like and put them under the Victoria the Victim column.

Dawn Diva

1. _____
2. _____
3. _____
4. _____
5. _____

Victoria Victim

1. _____
2. _____
3. _____
4. _____
5. _____

Now go back to your original list. Do you see any patterns in your answers. Were you positive about your career and more negative about your body or vice versa? Did you have positive things to say about yourself regarding relationships with friends and not with men? Really look at your list and see if you see any trends. This will help you to get close to seeing your strengths and weaknesses as YOU see them.

What patterns do you see?

What do you think your strengths and weaknesses are?