

## ***DivaTude Workshop Exercise 6 Who Are You?***

This exercise is a self-inventory to really look at what you like and dislike and really get into Who you are. What do you really like having around you or eating or clothes? Think about and maybe for the first time really think about all the likes and dislikes you have that make you YOU!

Take a sheet of paper and make two columns, one for likes and one for dislikes. Use the list below to identify your likes and dislikes in each area. Be exhaustive and think of all you can.

	Likes	Dislikes
Activities		
Aromas		
Art		
Books		
Clothing		
Colors		
Films		
Flowers		
Food		
Coffee/Tea		
Wines		
Soft Drinks		
Fruits		
Vegetables		
Meats		
Dishes		
Desserts		

Cookbooks

Restaurants

Magazines

Music

Groups

Singers

Songs

Types of Music

CD or Tape

Newspapers

What you do for fun

What you do to relax

Sports and Exercise

What you like to do

What you like to watch

Television

Causes you Believe in

Travel

Places

Vacations

Hotels

Now take a look at your list! You know yourself a lot better I hope. Don't stop with this list think of other things you like and don't like and get an ever better picture of who you are!