

**LivingAfterWLS**  
Self Discovery Worksheet: Who Am I?

*“I try to do the right thing at the right time. They may just be little things, but they usually make the difference between winning and losing.” –Kareem Abdul Jabbar*

**1. When in my life did I feel truly alive and vibrant:**

**2. What obstacles have prevented me from doing the things I love?**

**3. What are my true dreams?**

**4. Weight loss surgery WILL change my life. How will I embrace the changes and pursue my dreams?**

**My personal thought space:**