

The Labels We Wear

We all wear labels, and often they are applied by others without any knowledge of who we are, how we feel, or what we believe. These labels are also applied by *us*...when we look in the mirror, when we see a photo of ourselves, and when we play the comparison game with everyone else.

What 5 labels have *others* put on you that aren't true?

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

What 5 labels do *you* want to wear?

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

Better Words

adaptable	forceful	optimistic
adventurous	frank	passionate
affable	friendly	patient
affectionate	funny	persistent
agreeable	generous	rational
ambitious	gentle	reliable
amiable	good	reserved
amicable	gregarious	resourceful
amusing	hard-working	romantic
brave	helpful	self-confident
bright	honest	self-disciplined
broad-minded	humorous	sensible
calm	imaginative	sensitive
careful	impartial	shy
charming	independent	sincere
communicative	intellectual	sociable
compassionate	intelligent	straightforward
conscientious	intuitive	sympathetic
considerate	inventive	self-disciplined
convivial	kind	sensible
courageous	loving	sensitive
courteous	loyal	shy
creative	modest	sincere
decisive	neat	sociable
determined	nice	straightforward
diligent	optimistic	sympathetic
diplomatic	passionate	thoughtful
discreet	patient	tidy
dynamic	persistent	tough
easygoing	pioneering	unassuming
emotional	philosophical	understanding
energetic	placid	versatile
enthusiastic	plucky	warmhearted
exuberant	polite	willing
FABULOUS	powerful	witty
fair-minded	practical	
faithful	quick-witted	
fearless	quiet	