







	XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX
٦	Table of Contents
I	ntroduction5
ļ	About Me6
	Who Am I6
	List 10 things you like about yourself:6
	List 5 of your best talents:6
	List 5 of your most important passions:7
	List 5 of your greatest weaknesses:7
	List 5 of your greatest strengths7
	List 4 of your biggest regrets:8
	Explain in detail each of the regrets, and how you perceive them, why the situations occurred, how you could have prevented them, etc
	Pick 2 people in your life that are closest to you. What would they say about you:
	List 5 of your greatest insecurities:15
	List 10 things you are grateful for:15
	List 5 things you are not grateful for or want to change about yourself: 16
	List 5 things you believe you have no control over:
	List 5 things you believe you can control about yourself:
	Consider 2 situations in your life that caused you great turmoil, pain, suffering or unhappiness and consider what happened and what about you led to it:
	List your values:21
	What do I waste time on:22
	What is/are my greatest motivator/motivators:
	What brings me joy and contentment:24
	What causes me distress, unhappiness and problems:
	List your insecurities:28
67	NANNANNANNANNANNANNANNANNANNANNANNANNAN

25	NANANANANANANANANANANANANANANANANANANA
	List your dreams (go big or go home):29
	What has stopped you from achieving your dreams:
	Are you good to yourself:32
	Write about the ways in which you care for yourself:
	Write about the ways in which you neglect yourself or abuse yourself:35
	When am I most at peace and enjoy inner tranquility and serenity:
	Who do I envy or wish I was more like that person or have what they have:
	What causes me fear or anxiety:40
	What causes me frustration:42
	Are there supportive, loving and healthy people in my life (explain):44
	Are there people in my life who are not supportive of my wellbeing (explain):46
	Do I speak my mind:48
	What stops me from speaking your mind:50
	Am I making my own decisions or do I often seek approval from others:52
	Character Defects: circle any of these defects that apply to you:54
	Am I ready to change? If not, what stops me? How will I overcome these roadblocks:
	Making Changes56
	Evaluation56
	If you had a magic wand what would you change right now about yourself: 63
	List 5 things you don't like about yourself:69
	Explain how the 5 things you don't like about yourself impact your life,
	happiness, success, relationships, etc.:69
	<u>MMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMM</u>

<section-header><section-header><section-header><section-header><section-header><text><text>

About Me

Who Am I

As you fill in this portion of the workbook you will start to gain awareness into yourself and ideas will creep in as to what you may want to work on and change in furtherance of your personal growth. Feel free to make notes when those lightbulbs go off.

List 10 things you like about yourself:

List 5 of your best talents:

List 4 of your biggest regrets: Explain in detail each of the regrets, and how you perceive them, why the situations occurred, how you could have prevented them, etc	স	
Explain in detail each of the regrets, and how you perceive them, why		
Explain in detail each of the regrets, and how you perceive them, why		
	L	list 4 of your biggest regrets:
	Г	Ambin in datail as ab of the regrets and how were non-size them when
	t	he situations occurred, how you could have prevented them, etc
	-	
		<u>XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX</u>

YAAAAXAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAA	<u>n ww</u>
	No.
	X
	jc
	SIX
	J X
	X
	<u>Š</u>
	R
	X
	X
	NC
	SIX
	S X
	N.
	Ø
	<u>S</u>
	<u>i</u> x
	<u>U</u> X
	XIX
	X
	<u>Š</u>
	R
	X
	X
	A C
	SIC X
	X
	<u>Š</u>
	R
	X
	<u>i</u>
	ADS
	XIX
	X
	X
	X
	<u>I</u> X
	<u>کالا</u>
	XIX
	X
8	X
	X
	<u>i</u> X
	<u> </u>
	X) (X
	XIC
	X.
	K K K M M M M M M M M M M M M M M M M M
	<u>S</u>
	<u>j</u> k
	XIX
AI ANANANANANANANANANANANANANANANANANANA	

 <u> INN</u>		00				000	000	-00	-00	-00	-00	-0				-00	-00	-00	-00	-	 										-00	5
INVIN	$1 \propto 1 \propto 1$	$\alpha \propto$	N X Y C	~ 100	1 (XII	VIN	(\mathbf{x})	\mathbf{V}		(\mathbf{N})	\mathbf{N}	1/X	II V	1/X	1/X	\mathbf{V}		(\mathbf{X})	\mathbf{V}	(\mathbf{X})	1/X	II V	1/X	11X	NΧ	\mathbf{w}	1/N	\sim	10	1XX	\mathbf{v}	
	ノレソレ	ソレン		シレ		~~~																										л.

<u>XXXXX</u>		<u>N W W</u>
Ø		Ø
8		8
8		8
8		Ø
8		B
Ø		Ø
\boxtimes		Ø
Ø		X
Ø		X
R		X
Ř		X
R		X
R		
SC .		
SX SX		<u> </u>
XX XX		<u>S</u>
XX XX		Š.
S)		Š
S)		<u> X</u>
S)		<u>j</u> č
×		N N
NY NY		N N N
×		<u>لا</u>
×		N N
×		<u>ک</u>
N N		凶 (凶
8		X
8		X
Ø		8
8		8
\boxtimes		Ø
8		R
8		Ø
Ø		8
Ø		Ø
Ø		8
Ø		8
(A)		X
Ø		X
Ø		X
Ø		$\mathbf{\tilde{x}}$
Ø		X
R		X
		Š.
X		
R		
X		SC
<i>B</i>		20
SIC .		<u> </u>
XX XX		SC SC
SC		Š
ST I		Ľ.
SC SC		<u>j</u> č
×		N N
×		X
×		X
×		凶 () () () () () () () () () (
N N		X
<u>(4)</u>		X
NXXXXX	INNNNNNNNNNNNNNNNNNNNNNNNNNNNNNNNNNNNNN	NND

NANANANANANANANANANANANANANANANANANANA	IXX
Pick 2 people in your life that are closest to you. What would they say	
about you:	
Person #1:	
NANNANANANANANANANANANANANANANANANANAN	<u>() (X) (X)</u>

N X X X X X X X X X X X X X X X X X X X	Y X X X X X X X X X X X X X X X X X X X
	<u>کا</u>
	No. 1997
<u> </u>	X
<u> </u>	
×	
	8
<u></u>	X
	New York State Sta
<u> </u>	X
	X
	No. 1997
×	
	8
<u> </u>	
	8
8	X
<u> </u>	<u>YANANANANANANANANANAN</u>

	ADD
	8
	5
	Č.
	Ľ
Person #2:	(X
	8
	Ľ
	\geq
	$\mathbf{\Sigma}$
	Ę
	N S
	Ř
	$\mathbf{\Sigma}$
	$\overline{\mathbf{x}}$
	Ľ
	\geq
	$\overline{\mathbf{x}}$
	No.
	Ř
	X
	Ľ
	\geq
	$\overline{\mathbf{x}}$
	Ę
	E C
	(Č
	8
	$\overline{\mathbf{x}}$
	Ľ
	X
	\mathbf{x}
	E S
	<u>ک</u>
	8
	\sim
	Ľ
	X
	K K K K K K K K K K K K K K K K K K K K
	Ę
	Ľ
	\geq
	\sim
	N N
	X
	\otimes
	Ľ
	X
	\mathbf{x}
	Ę
	Ϋ́
	X
	\geq
	$\mathbf{\Sigma}$
	È
	Š.
	Ř
	\mathbf{x}
	S.
	Ľ
	X
	$\mathbf{\Sigma}$
NANANANANANANANANANANANANANANANANANANA	STAL

	<u>nanan</u>
	X
	X
	<u>S</u>
	XX
	X
	No.
	No.
	- X
	SX SX
	X
	<u> X</u>
	<u> X</u>
	<u>S</u>
	- 🐹
	X
	×X
	X
	X
	- 🕅
	X
	- 🕅
	&
	8
	<u></u>
	প্রি
	- Ø
	X
8	\X
) S
	3
	- 3
	3
	— (전)
	X)
	X
	X
	N N N
	- X
	X
	X
	N N N
	ŠX S
	<u> XX</u>
	<u> </u>
	<u> SI</u> S
	<u> SIC</u>
	SIC
	X) X) X)
	SX SX
	M
	XX
	XX
	X
	X
	X
	<u>Kawaa</u>

	হি
	9_9_9_
List 5 of your greatest insecurities	
List 5 of your greatest hisecurries.	
List 10 things you are grateful for:	
List to things you are grateril for.	
List 5 of your greatest insecurities:	

List 5 things you are not grateful for or want to change about yourself:

List 5 things you believe you have no control over:

List 5 things you believe you can control about yourself:

N X X X X X X X X X X X X X X X X X X X	Y X X X X X X X X X X X X X X X X X X X
	<u>کا</u>
	No. 1997
<u> </u>	X
<u> </u>	
×	
	8
<u></u>	X
	New York State Sta
<u> </u>	X
	X
	No. 1997
×	
	8
<u> </u>	
	8
8	X
<u> </u>	<u>YANANANANANANANANANAN</u>

NAKAKAKAKAKAKAKAKAKAKAKAKAKAKAKAKAKAKAK	N N N N N N N N N N N N N N N N N N N
	<u> IX</u>
	SIX
Situation 2:	X
	X
	<u>X</u>
	کړ کړ
	No.
	X
	X
	20X
	🛛
	X
	X
	XIQ
	X
	X
	S S
<u> </u>	X
	X
	<u>XX</u>
	<u>X</u> X
	<u> </u>
	<u>کا</u>
<u> </u>	<u> </u>
	X)X
8	X
	X
<u> </u>	<u> </u>
	XX XX
×	XX
	X
	<u> </u>
	XX XX
×	XX
	N.
§	<u> </u>
	XX
	<u> </u>
	X
	<u> </u>
	کړي
	X
	<u></u>
	<u>I</u>
	A MANANANAN A MANANANANANANA

<u>Y X X X X X X X X X X X X X X X X X X X</u>	INNANANANANANANANANANANANANANANANANANAN	<u>awak</u>
8		<u>S</u>
XX		<u> </u>
		S D C
		X
R		X
Ø		<u>S</u>
8		3
8		প্র
×		凶 (凶
X) XX
S C		S D
		X
X		X
8		8
Ø		X
×		X
X		N N
XX XX		JC
		XIC X
B		X
8		8
8		প্র
<u>s</u>		No.
XXX		<u> </u>
XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX		S)(S
X		X)D
R		X
8		8
8		<u>s</u>
X		<u> X</u>
X		S S S
X		X)C
R		X
8		8
8		<u>S</u>
X		N N N
XX XX		<u>کارک</u>
		SIX
Ø		X
8		X
8		Ø
8		凶
XX XX		<u> </u>
XX XX		XXX
X		X
Ø		X
8		\boxtimes
×		X
XX XX		<u> I</u>
XX		XIX
R		XIX
		ywwy

K	XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX	NAAL
ଷ		3
8		3
씴		<u>(X)</u>
凶	List your values:	X)
×		N N N
ğ		NX NX
ğ		NX NX
ğ		<u> XX</u>
Ŕ		<u> </u>
R		<u> </u>
g		30
ğ		XIC XIC
ğ		X
ğ		X
2		X
Z		X
Ø		প্র
8		Ø
8		ষ্ঠি
Ø		(\mathfrak{A})
3		<u>(</u>
2		X)
g		ХX Х
X		<u> </u>
Ř		<u> XX</u>
Ŕ		<u> S</u> C
22		<u> </u>
20		S)S
R		প্রস্তান্ত
ğ		X)C
Ø		X
8		X
Ø		3
Ø		\mathfrak{S}
8		3
NININININININININININININININININININI		ସାରାରାରାରାରାରାରାରାରାରାରାରାରାରାରାରାର
3		()
Ŋ		<u>(X)</u>
X		XX XX
Ś		SX SX
3		<u> S</u> C
S		QQ
R		SIC
R		XX XX
R		XI XI
2		X
8		X
8		X
8		3
8		\mathfrak{A}
8		3
Ø		ষ্ঠি
କ୍ଷ		3
3		<u>(</u>
3		<u>(X)</u>
		<u>(</u> <u></u>
N	<u> </u>	J (X) (X)

NXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX	AAAA
	X
	X
Millet de Luverte time en	
What do I waste time on:	
	<u> </u>
	X
	S) (S
	8
	- 8
	X
	-
	-
	- 🛛
	-
	-
	X
	<u> </u>
	X
	8
	No.
	- <u>x</u>
	-
	X
	- 🛛
	X
	- 👔
	Ň,
	-
	X
	- 🛛
	N N
	- 20
	X X X
	-
	X
	8
	No. 1
	X

5	NANANANANANANANANANANANANANANANANANANA	A C
<u>s</u>		20
2		
	What is/are my greatest motivator/motivators:	L.V.V.
3	what is are my greatest motivator / motivators.	
		<u>ک</u> لا
2		Y V
		L.W.
3		W.
		Ň.
3		S.
3		
12		N.V.
3		LY L
		<u>ک</u> لا
3		S.
		NY.
3		ХV Х
12		NV.
3		L.W.
N/N		ХV
3		XVX
		LVV
		N.
		Ň.
		LVV.
3		LY L
シン		ХV V
2		× vv
		N.
		NY N
3		Ŷ.
		LVV.
3		LY L
3		Ň.
2		
		X
		<u>کر لا</u>
2		ХVХ ХУХ
		L.V.V.
3		LY.
		N/X
		L L
3		S.
	NADARANANANANANANANANANANANANANANANANANA	ATAN

KAX	XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX	SIC
8		Į
3		Š
ŝ		Š
ŝ	What brings me joy and contentment:	Č
ŝ		ک ا
3		Ľ
3		Ľ.
3		Ľ
3		Ľ
3		Ľ
3		Ľ
S.		N N
ξ.		Ľ
X		Ľ,
X		Ľ
X		
X		
X		
No.		
দিরাকোকোকোকোকোকোকোকোকোকোকোকোকোকোকোকোকোকোকো		
3		× v
λ.		L.
λ.		L.
<u>a</u>		
X		L.
2		J.
R		J.
No.		S.
NA IN		S.
NA IN		E.
No.		S.
A		×
Š.		S
Ś		S.
Š		X
3		Ľ
ŝ		Š
ŝ		Ś
3		Č
3		Č
3		Ž
3		Ľ
\$		Ľ
5		Ľ
5		Ľ
S.		Ľ
N.		Ľ
3		Ľ
S.		Ľ
S.		Ľ
S .		Ľ
		Ľ
<u> </u>		(All and a second se
	(X)(X)(X)(X)(X)(X)(X)(X)(X)(X)(X)(X)(X)(K/V

N X X X X X X X X X X X X X X X X X X X	Y X X X X X X X X X X X X X X X X X X X
	<u>کا</u>
	No. 1997
<u> </u>	X
<u> </u>	
×	
	8
<u></u>	X
	New York State Sta
<u> </u>	X
	X
	No. 1997
×	
	8
<u> </u>	
	8
8	X
<u> </u>	<u>YANANANANANANANANANAN</u>

5	NAKAKKAKKAKAKAKAKAKAKAKAKAKAKAKAKAKAKAK	NK
Ø		8
8		X
3	What causes me distress, unhappiness and problems:	X
3	······································	X
Ŋ		X
Ŋ		X
Ŋ		ğ
Ŋ		ğ
ğ		Š
ġ		<u>S</u>
Ř		
g		
ß		
Š		
ğ		X
2		X
2		X
R		X
R		X
8		S
Ø		8
Ø		Ø
8		8
Ø		R
8		X
8		X
3		N N N
Ŋ		X
Ŋ		N N N
ğ		Š
ğ		
Ř		
R		
3		
2 C		S S
Ř		X
2		X
2		X
8		S
8		8
8		K K K K K K K K K K K K K K K K K K K
8		8
8		Ø
2		X
3		R
3		ğ
Ŋ		X
4		کل الک
ġ		<u>J</u> X
3		
A		Ś
Ŕ		Š S
Ŕ		
Ŗ		SUS SUS
R		
10		3

N X X X X X X X X X X X X X X X X X X X	Y X X X X X X X X X X X X X X X X X X X
	<u>کا</u>
	No. 1997
<u> </u>	X
<u> </u>	
×	
	8
<u></u>	X
	New York State Sta
<u> </u>	X
	X
	No. 1997
×	
	8
<u> </u>	
	8
8	X
<u> </u>	<u>YANANANANANANANANANAN</u>

NAKAKAKAKAKAKAKAKAKAKAKAKAKA	NARARARARARARARARARAR
List your insecurities:	
<u> </u>	
8	
List your insecurities:	
SQ	
× · · · · · · · · · · · · · · · · · · ·	
<u></u>	
No.	
×	
×	
A A MANANANANANANANANANANANANANANANANANANA	NANANANANANANANANANANANA

<form></form>
List your dreams (go big or go home):
List your dreams (go big or go home):
y Lean a baran a baran ana banan ana banan ana banan ana banan ana na n

XXX	NANNANNANNANNANNANNANNANNANNANNANNANNAN	1 K K
(S)		<u>8</u>
XX XX		N N
S C	Millethes stowed and from a shinging and a decome	X D D
XX	What has stopped you from achieving your dreams:	XIC
X		N.
8		8
8		R
X		N N
XX XX		NC V
R		X
X		N N
8		8
8		N N N
XX XX		<u> </u>
XX XX		S)C
X		X
୲ୠ		<u> </u>
8		8
S)		X
XX		<u>کار</u>
XX XX		XIC X
X X		X
8		N.
8		8
<u>s</u>		X
XX		<u> </u>
NA NA		XIX
R		X
Ø		X
Ø		8
<u>S</u>		X
XX		20
SX XX		X)D
Ø		X
\boxtimes		8
<u>s</u>		R
XX XX		<u> X</u>
XX XX		S C
X		XIC
8		N.
8		R
NA IN		N N
X		N N
XX XX		XIX
R		XIX
Ø		X
8		R
NA NA		N N
XX XX		<u> I</u> X
XX XX		XIV X
Saa	N N N N N N N N N N N N N N N N N N N	

NAXAXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX	<u>A KAKAKAKAKAKAKAKAKAKAKA</u>
	کا ا
	X
×300	
	X X X X X X X X X X X X X X X X X X X
	X X X X X X X X X X X X X X X X X X X
<u> </u>	
<u> </u>	
	X
	Sector Sect
×	
	<u>8</u>
<u> </u>	
	Sector Sect
<u> </u>	X
	X
	X
×	
	Sector Sect
<u> </u>	හි මි
	Sector
8	X
<u> </u>	<u> </u>

Are you good to yourself:	<u>IMMA</u>
Are you good to yourself.	
Are you good to yoursen.	
	_
	-
	_
	_
	_
	-
	_
	-
	_
	-
	_
	_
	_
	-

KAA		3
R		8
Ø		RRR
Ø		8
Ø	Write about the ways in which you care for yourself:	8
$\overline{\aleph}$	write about the ways in which you care for yoursen.	8
Q		Ž
R		$\overline{\mathbf{x}}$
R		$\overline{\Sigma}$
R		$\overline{\Sigma}$
R		ž
X		Ž
R		Š
No.		Ş
XX I		Ş
S)		3
S)		3
SC .		3
XX XX		3
S)		ĝ
। ସେକାର ଅନ୍ତାର ଅନ୍ତାର ଅନ୍ତାର ଅନ୍ତାର		XIXIXIXIXIXIXIXIXIXIXIXIXIXIXIXIXIXIXI
X		ğ
X		ğ
×		শ্র
×		শ্র
8		凶
8		8
\otimes		8
Ø		ß
8		8
\boxtimes		8
\otimes		8
Ø		8
Ø		8
(X)		X
Q		X
X		X
R		$\overline{\mathbf{X}}$
X		$\overline{\mathbf{X}}$
X		8
X		Ň
R		Š
X		SIC
B		35
NA NA		20
XX XX		30
XX XX		ŝ
Ś		ĝ
×		ğ
NA IN		ğ
×		ğ
N N N		X
×		2
X		শ্র
 文 ()		8
8		8
8		8
8		8
\boxtimes		8
8		8
\boxtimes		8
Ø		8
KARA		5

NAXAXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX	<u>A KAKAKAKAKAKAKAKAKAKAKA</u>
	کا ا
	X
×300	
	X X X X X X X X X X X X X X X X X X X
	X X X X X X X X X X X X X X X X X X X
<u> </u>	
<u> </u>	
	X
	Sector Sect
×	
	<u>8</u>
<u> </u>	
	Sector Sect
<u> </u>	X
	X
	X
×	
	Sector Sect
<u> </u>	හි මි
	Sector
8	X
<u> </u>	<u> </u>

Write about the ways in which you neglect yourself or abuse yoursel	rite about the ways in which you neglect yourself or abuse yourself:			
Write about the ways in which you neglect yourself or abuse yourse	rite about the ways in which you neglect yourself or abuse yourself:			
		Write about	the ways in which you neglect	yourself or abuse yourself:

X	NANNANANANANANANANANANANANANANANANANAN	<u>N</u> NN
Ø		କ୍ଷ
X		X
Ň		<u>S</u> C
ß		XIC XIC
Ø		X
Ø		8
Ø		3
3		କ୍ଷ
図		<u>(</u>)
X		<u> XX</u>
ß		<u> X</u>
B		X)C
Ø		X
Ø		କ୍ଷ
8		$\langle \mathfrak{A} \rangle$
S		S)
X		<u> </u>
Ŕ		<u> X</u>
R		X)X
Ø	· · · · · · · · · · · · · · · · · · ·	X
Ø		প্র
3		କ୍ଷ
凶		<u>(</u>)
X		<u> XX</u>
R		X)C
Ø		XC XC
Ø		8
\boxtimes		3
ß		<u>(</u>
X		<u> </u>
Ŕ		<u> X</u>
Ø		X)C
Ø		8
8		(\mathfrak{A})
S		S)
X		<u> </u>
R		<u> X</u> X
Ø		X)C
Ø	· · · · · · · · · · · · · · · · · · ·	X
3	Description of the second end of the second e	କ୍ଷ
S		S)
X		<u> XX</u>
30		XIX
Ø		XI XI
8		X
8	When am I most at peace and enjoy inner tranquility and serenity:	Ø
ß		S)
X		<u> XX</u>
恋		X)(X
R		XX XX
Ø		X
反	<u> </u>	<u>NNN</u>

YAAAAXAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAA	<u>n ww</u>
	No.
	X
	jc
	SIX
	J X
	X
	<u>Š</u>
	R
	X
	X
	NC
	SIX
	S X
	N.
	Ø
	<u>S</u>
	<u>i</u> x
	<u>U</u> X
	XIX
	X
	<u>Š</u>
	R
	X
	N N
	A C
	SIC X
	X
	<u>Š</u>
	R
	X
	<u> X</u>
	ADS
	XIX
	X
	X
	X
	<u>I</u> X
	<u>کالا</u>
	XIX
	X
8	X
	X
	<u>i</u> X
	<u> </u>
	X) (X
	XIC
	X.
	K K K M M M M M M M M M M M M M M M M M
	<u>S</u>
	<u>j</u> k
	XIX
AI ANANANANANANANANANANANANANANANANANANA	

 <u> INN</u>		00				000	000	-00	-00	-00	-00	-0				-00	-00	-00	-00	-	 										-00	5
INVIN	$1 \propto 1 \propto 1$	$\alpha \propto$	N/X//	~ 100	1 (XII	VIN	(\mathbf{x})	\mathbf{V}		(\mathbf{N})	\mathbf{N}	1/X	II V	1/X	1/X	\mathbf{V}		(\mathbf{X})	\mathbf{V}	(\mathbf{X})	1/X	II V	1/X	11X	NΧ	\mathbf{w}	1/N	\sim	10	1XX	\mathbf{v}	
	ノレソレ	ソレン		シレ		~~~																										л.

<u>XXXXXX</u>	NAKAKAKAKAKAKAKAKAKAKAKAKAKAKAKAKAKAKA
Who do	I envy or wish I was more like that person or have what they
have:	-
~~~~~~~~~~~	INNNNNNNNNNNNNNNNNNNNNNNNNNNNNNNNNNNNN

$\lambda$ NANANANANANANANANANANANANANANANANANANA	<u>XXXX</u>
	No.
	2D
	XIC
	X
	×.
<u> </u>	<b>X</b>
	X
	XIX XIX
	X.
	X
	X
	<u>N</u>
	XIX
	XIX
	X.
	N N
	S S S
	XIV XIV
	X
	×.
	<u>S</u>
	<u>j</u> X
	X لا
XX	XIV XIV
	X
	Ø
	No. 1
	XD V
	X
	N.
	<u>N</u>
	X
	X L
	XIX
	X
	<b>X</b>
	X V X
	XIC
	N.
	N N
	<u>کارک</u>
	XIX XIX
<u>Zananananananananananananananananananan</u>	XXXXX

	N N N N N N N N N N N N N N N N N N N
What causes me fear or anxiety:	
What caubes me four of anniety.	
NARARARARARARARARARARARARARARARARARARAR	

KK	NNN
8	8
8	8
8	X
8	X
8	8
Ø	8
$\otimes$	8
Ø	 8
$\boxtimes$	8
$\otimes$	8
Ø	8
$\boxtimes$	8
Ø	8
Ø	8
Ø	8
Ø	Ø
Ø	8
Ø	8
Ø	8
8	8
8	8
Ø	8
8	 8
8	X
8	X
8	X
8	X
×	X
×	<u>X</u>
×	 X
X	ğ
X	) X
×	<u> X</u>
X	jy L
X	SC SC
XX	S C
X	S) S
XX	S C
R	SIC
<b>X</b>	SIC
R	
R	X X X
R	
R	S S S
R	N N
R	X
R	XX
R	X
R	X
R	X
(R)	X
R	X
Ø	X
Ø	 R
$\bigotimes$	Ø
$\boxtimes$	S
$\boxtimes$	B
$\boxtimes$	Ø
XX	XXXX

3	NAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAA	<u>a ww</u>
3		Ž
Y)		Ě
Ň		X
Ŋ		×.
Ř		Ě
Ŕ		Ě
A		X.
R		
A		
R		
ğ		
Z		
2		
Z		
Ż		×
R		×
8		X
8		×
Ø		X
8		X
B		X
ß		X
沟		X
শ্র		Ě
×		X
X		X
× A		Č
Ř		X V
R		
ß		
R		
Z		
ğ		
ର୍ଷ		
R		X
8		X
Ø		X
8		X
8		X
2		Ž
Ŋ		X
X		X
N N	What causes me frustration	X
g		×,
3		×.
Ŕ		×.
Ň		
Ŋ,		
R		
Z		
2		
2		
2		No.
R		No.
R		1 V
8		×
丈	<u>XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX</u>	NAND
-		

<u>YAXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX</u>	
No.	
No.	
X	
XX	
X	
×	
8	
8	
§	
8	
<u> </u>	
XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX	
R	
8	
X	
R	
8	
<u>8</u>	
8	
8	
§	
No.	
<u> </u>	
XX	
× · · · · · · · · · · · · · · · · · · ·	
R	
<u> </u>	
8	
8	
8	
8	
<u> </u>	
XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX	
8	
R	
፟፟፟፟፟፟፟፟፟፟	
×.	
8	
8	
8	
8	
8	
NO CONTRACTOR OF	
8	
<b>X</b>	
R	
3	
X	
<u> Kaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaa</u>	<u>XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX</u>

KI.	NARARARARARARARARARARARARARARARARARARAR	<u>10000</u>
$\boxtimes$		R
$\overline{\mathbf{x}}$		$\mathbf{\Sigma}$
R		
迩		2
3		凶 (凶
8		X
Ø		$\overline{\mathbf{X}}$
R		
ß		2
Y		<u>لا</u>
8		X
Ø		$\overline{\mathbf{X}}$
R		
X		S
N N		N N N
8		X
ାର୍ଯ		X
Ř		Š
Ä		g
Ň		凶 (凶
Ø		X
$\left( \mathbf{X}\right) $		$\overline{\mathbf{X}}$
R		$\mathbf{S}$
B		20
Š		<u>لا</u>
3		X
Ø		$\bigotimes$
Ø		$\mathbf{\tilde{\mathbf{x}}}$
B		
Ś		Ň
3		凶 (
$(\mathfrak{A})$		8
ß		$\overline{\mathbf{X}}$
R		
ß		2
3		凶 (凶
$\boxtimes$		8
Ø		$\overline{\mathbf{X}}$
R		
X		20
¥1		N N N
8		X
Ø		X
R		$\mathbf{\tilde{s}}$
5		
Ý		<u>لا</u>
3		গাজাজাজাজাজাজাজাজাজাজাজাজাজাজাজাজাজাজাজ
8		X
R		$\overline{\mathbf{X}}$
R		
g		30
Ś		<u>لا</u>
3	Are there supportive, loving and healthy people in my life (explain):	凶 (凶
Ø	in a more supporter of to this und mountif people in my me (explain).	$\bigotimes$
R		$\overline{\mathbf{x}}$
R		
A		2
Ś		Ň
3		X
$(\mathfrak{A})$		$\bigotimes$
R		$\mathbf{S}$
a		
3		Ň
K		X
$\otimes$		$\otimes$
R		$\overline{\mathbf{X}}$
R		
S		Ň
K		凶 (凶
Ø		Ø
え		$\overline{\mathbf{x}}$
<u> যে বে বে</u>		
5		
	NARARARARARARARARARARARARARARARARARARAR	

X	N N N N N N N N N N N N N N N N N N N	NOR
8		R
2		X
2		X
R		X
R		X
R		X
K		X
K		X
Ķ		X
K		N N N
Ķ		<u>ک</u>
K		
K		Š
Ř		<u>j</u> c
Ŕ		S)
5		SIS .
6		(JD
5		SIC
5		SIC
5		SIC
5		SIX
Š		SIX
Ň		
Ĕ		ŠX.
Ř		S S S
Ď		X
Ř		X
Ď		X
Ř		X
1		X
$\overline{\Sigma}$		X
2		X
2		X
8		8
8		Ø
8		Ø
8		X
8		Ø
8		Ø
8		X
8		Ø
R		<b>X</b>
R		X
N		X
K		X
N N	· · · · · · · · · · · · · · · · · · ·	X
K		N N
K		N N
K		N N N
N N		
K		<u>j</u> r
N D		<u>0</u> 18
K		<u>j</u> r
K		<u> 1</u> 2
N/C		<u> U</u> C
K		<u>کارک</u>
		SIC
-		THE ATELATE

<u> X X X X X</u>	NNNNNNNNNNNNNNNNNNNNNNNNNNNNNNNNNNNNNN
<b>ال</b> م مر	
	ere people in my life who are not supportive of my wellbeing
(expla	ain):

<u>YAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAA</u>	A DANANANANANANANANAN
	No.
× · · · · · · · · · · · · · · · · · · ·	
	<u>8</u>
§	X
	X
×	
<u> </u>	
	No. 1997
× · · · · · · · · · · · · · · · · · · ·	
	8
	<u> </u>
×	X
R	
<u> </u>	
	<u>8</u>
	X
NX	
× · · · · · · · · · · · · · · · · · · ·	8
	<u> </u>
	<u> </u>
	X
	New York States and Stat
×	
	<u> </u>
<u> </u>	
	X
NO.	
<u>Yaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaa</u>	<u>XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX</u>

5		অঅপ
Ø		
ß		Š.
R		SS SS
XX		QC
Ŕ		S S
×		N N N
X		<b>凶</b>
$\otimes$		(凶)
$\boxtimes$		3
$\boxtimes$		3
Ø		X
R		X
R		X
R		QC
X		S
×		20
Ä		<u>ل</u> كل
K)		<u>(X)</u>
3		)(这
Ø		3
$\boxtimes$		କ୍ଷ
$\otimes$		স্থি
Ø		X
R		X
R		SX SX
X		<u> 3</u> 2
X		S
ğ		ğ
Å		N N N
3		<u>(凶</u> )
$\boxtimes$		3
8		3
$\boxtimes$		3
$\overline{\mathbf{A}}$		X
Ø		$\mathbf{\overline{X}}$
R		Š.
R		SC SC
X		<u> S</u> C
X		S
X		20
Ä		শ্ব
X	Do I speak my mind:	<b>凶</b>
$\otimes$		නැතැතැතැතැතැතැතැතැතැතැතැතැතැතැතැතැතැතැත
8		) B
$\boxtimes$		କ୍ଷ
Ø		X
R		X
R		X
Ŗ		ЗХ Х
X		SIC
Ŕ		2
× Y		<u>(X)</u>
×		<b>凶</b> )
3		凶)
$\otimes$		R S
$\otimes$		প্র
Ø		X
R		$\mathbf{X}$
R		<u> </u>
ß		20
X		2
Š,		<b>(X)</b>
K)		<b>凶</b>
3		(凶)
$\otimes$		<u>(</u>
XT (	XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX	XXXX

X	NAKANANANANANANANANANANANANANANANANANAN	<u>n ww</u>
R		N N
K		NX NX
		S D D
20		S S
R		X
2		X
(S		8
8		8
2		X
K		<u>ک</u>
N N		<u>j</u> X
K		Š Š
		S D D
5		S X
R		X
8		Ň
8		Ø
2		<b>X</b>
K		X
K		<u>j</u> č
		S C
Ŕ		S) S)
20		X
2		X
8		Ø
8		Ø
R		X
K		X
K		N N
5		SC SC
20		SIX
2		X
ĕ		8 8
Ø		Ø
2		X
K		N N
K		<u> I</u>
		X)(X
N R		XIX
R		X
8		X
8		Ø
2		<b>X</b>
K		N N
K		<u> X</u>
N V		X) (X
N N		XIX
Ř		X
2		X
8		Ø
2		X
K		N N
N/		X X X X X X X X X X X X X X X X X X X
22		

<u> </u>	N N N N N N N N N N N N N N N N N N N	NOODOODOOO	<u>NANNNNNN</u>	<u>XXXXXXXXXXXX</u>	<u>NAAAAA</u>
Wha	stops me from sp	eaking your	mind:		
	1 1	05			
	S S S S S S S S S S S S S S S S S S S				

YANNANANNANNANNANNANNAN	
×	
× · · · · · · · · · · · · · · · · · · ·	
8	
§	
<u> </u>	
×	
8	
<u> </u>	
50 K	
8	
× · · · · · · · · · · · · · · · · · · ·	
8	
S	
<u> </u>	
×	
×	
<u> </u>	<u> </u>
<b>図</b>	
§	
×	
8	
8	
×	
8	
8	
×	
8	
₿	
S	
8	
§	
R	
<b>闵</b>	
<u>Yaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaa</u>	<u>XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX</u>

					INNNNNNNN
Am I maki	ng my oum d	ocisions or	do Lofton	sook approv	al from
Am I maki others:	ng my own d	ecisions or	do I often s	seek approv	al from
	ng my own d	ecisions or	do I often s	seek approv	al from
	ng my own d	ecisions or	do I often :	seek approv	al from
	ng my own d	ecisions or	do I often s	seek approv	al from
	ng my own d	ecisions or	do I often s	seek approv	ral from
	ng my own d	ecisions or	do I often s	seek approv	ral from
	ng my own d	ecisions or	do I often :	seek approv	al from
	ng my own d	ecisions or	do I often s	seek approv	ral from
	ng my own d	ecisions or	do I often s	seek approv	ral from
	ng my own d	ecisions or	do I often :	seek approv	ral from
	ng my own d	ecisions or	do I often :	seek approv	ral from
	ng my own d	ecisions or	do I often s	seek approv	ral from
	ng my own d	ecisions or	do I often :	seek approv	ral from
	ng my own d	ecisions or	do I often :	seek approv	ral from
	ng my own d	ecisions or	do I often s	seek approv	ral from
	ng my own d	ecisions or	do I often :	seek approv	ral from

<u>Y</u> MM	NANANANANANANANANANANANANANANANANANANA	<u> </u>
<u>s</u>		X
XX		NX NX
SIS		SIC
		SXX
R		X
R		X
Ø		8
Ø		Ø
8		X
NA NA		X
X		<u>j</u> X
X		No.
SIG		S D C
R		X
<b>X</b>		X
8		×
8		8
<b>X</b>		R
N N		X
X		<u>کار</u>
Ϋ́ς		20
R		SIX
R		X
<b>X</b>		X
8		Ø
8		R
8		X
X		X
XX XX		N C
		SQX SQX
X		X
R		X
Ø		Ø
Ø		R
8		X
X		N N
Ϋ́Υ.		کل ک
X		XIX
X		X
8		X
8		Ø
<b>X</b>		R
N N		X
ХХ С		
		X X X
R		XIX
Ø		X
8		Ø
8		Ø
		X
X		N N
ХХ Х		کارک ا

- Jealous
- Laziness
- Procrastination
- Negative Thinking
- Perfectionism
- Judgmental thinking
- Greed

## Am I ready to change? If not, what stops me? How will I overcome these roadblocks:

S

## **Making Changes**

## **Evaluation**

Now that you finished the section above, stop and go over all your answers. What did you learn, what did you discover, what ideas for personal growth come to mind, what do you need to work on in your personal growth efforts?

<u>YANANANANANANANANANANANANANANANANANANAN</u>	SSA
	<u>S</u>
	N N
	<u> </u>
	XIX
	X
	B
	প্র
	X
	<u>کارک</u>
	S D S
	X
	X
	প্র
	N N N
	X) X)
	X
	X
	Ø
	X
	<u> </u>
	S D S
	X
	X
	প্র
	X
	<u> </u>
	XIV
	X
	X
	8
<u> </u>	X
	X لا
	XIX
	X
	X
	<b>X</b>
	N N
<u> </u>	XX
	X
	8
	X
	Q X
	N N N
	X
	Ø
	8
	X
	<b>M</b>
Y NANANANANANANANANANANANANANANANANANANA	8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8

K	MANANANANANANANANANANANANANANANANANANAN	<u>n ww</u>
8		× N
K		<u>الا</u>
N N		
K		
Ŕ		
ß		20
R		SIX.
চি		X
2		X
2		×.
8		X
2		X
K		X
K		
N ID		NC
5		SIC
N/R		XIX
Ř		XL
R		X
2		<u>S</u>
8		X
2		N N
2		X
K		N N
N D		X ل
Ř		
5		SIX
2		X
2		X
2		<b>X</b>
Ø		Ø
2		N N
R		N N
K		N N
N N		NC
Ê		20 20
20		XIX
R		X
2		X
8		<u>S</u>
8		X
R		N N
N N		<u>j</u> R
K		<u> </u>
N D		<u>کالا</u>
5		XIX XIX
20		XIC
2		X
8		X
8		Ø
8		ß
2		<u>S</u>
K		<u>IX</u>
N N		X
12		

$\lambda$ XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX	<u>nakar</u>
	X
	<u> X</u>
	S D D
	SXX
	X
	<b>S</b>
	<b>B</b>
	<u>ک</u>
	<u> </u>
	S) S)
	X
	<b>B</b>
	X
	<u>ک</u>
	<u> </u>
	X) (X
	XX
	X
	R
	N N
	N C
	S)(S
	X
	Ø
	R
	X
	X لا
	SIX
	X
	<u></u>
	X
	<u> </u>
	S D D
	X
	X
	<b>X</b>
	jy N
	XX XX
	XIX
<u> </u>	X
	<b>X</b>
	8
	X
	XIX
	XXX
	X
	Ø
	X
	X
	XIX
ZARARRARRARRARRARRARRARRARRARRARRARRARRA	n N N N N N

	XXXXX
	No.
	X
	XIX
	XX
	STX STX
	X
	<u> </u>
	X
	<u> </u>
	X
	X
	 20
	XIX XIX
	XI
	— X
	R
<u> </u>	<u>ه</u> ک
	No.
	X
	X
	X
	<u> </u>
	SIX SIX
	<u> </u>
	<u> </u>
	X
	<u>ک</u>
	8
	No. (1)
	<u> </u>
	N N
	<u> </u>
	XIX
R	
	X
	<u> </u>
	<u>N</u>
	<u> </u>
	X
	<u> 1</u>
	STC
	N N
$\sum_{i=1}^{i}$	<u>XXXXX</u>

X	XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX	TAAN
8		8
Q		8
2		Ø
2		X
2		Ø
হি		X
2		X
হি		X
2		X
6		X
চি		X
R		X
Ř		le la
Ř		Š
Ř		Š
Ř		Š
R		
R		
R		
R		
B		
R		
ß		
R		
ß		
ß		
ß		
8		20
別		20
8		QD
別		20
ß		QC
ß		20
辺		QC
別		QD
ß		20
ß		20
辺		
恋		QD
6		(JD
50		S C
5		20
ß		SIC
5		SIC
5		SIC
5		20
ß		S)C
5		Q (X
ß		20
5		<b>3</b> D
ß		
5		QD
6		(JD
50		<b>3</b> D
5		
S		(JD
5		SIC
で		ŠČ
S		ŠČ
S	₽₽₽₽₽₽₽₽₽₽₽₽₽₽₽₽₽₽₽₽₽₽₽₽₽₽₽₽₽₽₽₽₽₽₽₽	
12		

$\Delta$ XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX	<u>NNNN</u>
	No. 1
	ND VD
	SIX
	- 🕅
	No.
	- 🛛
	X
	-
	XIX XIX
	No.
	N N
×	NO XI
	N N
	S S S
	- XD
	X
	- 🛛
	R N
	- 🛛
	-
	N. N
	- 🛛
	No. 10
×	- 8
×	-
	X
	<u> </u>
	X V X
<u> </u>	
	N.
	N N
	X L
	X
	-
	No. 10
A A MANANANANANANANANANANANANANANANANANANA	N N N N N N N N

	NANNANNANNANNANNANNANNANNANNANNANNANNAN
	had a magic wand what would you change right now about
yourse	lf:
	INNNNNNNNNNNNNNNNNNNNNNNNNNNNNNNNNNNNN

<u>YAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAA</u>	<u> </u>
	No. 1
	ND VD
	SIX
	- 🕅
	No.
	- 🛛
	X
	-
	X D V
	X
	<u> </u>
	X
	X IX
×	XIC
	N N
	S S S
	- XD
	X
	- 🛛
	<b>N</b>
	- 🛛
	-
	N.S.
	- 🛛
	No.
	- 8
×	-
	X
	<u> </u>
	N N
	X V X
<u> </u>	
	N.
	<u>N</u>
	X
	No. 10
ANANANANANANANANANANANANANANANANANANAN	N N N N N N N N N N N N N N N N N N N

	(A)
	8
	<u> </u>
	S V V
	X
	X
	8
	8
	X
	<u>jy</u>
	S) S) S)
<u> </u>	X
	X
	8
	ğ
	<u> N</u>
	XIX XIX
	X
	X
	প্র
	X
	N N
	S D D
	X
	X
	প্র
	X
	<u> </u>
	X V V
	X
	X
	8
	X
	کل کالا
	XXX
	X
	Ø
	প্র
	<u>a</u>
	X V V
<u> </u>	XX
	X
	প্তি
	8
	<u>J</u> X
	<u> </u>
	XIC XIC
	X
	8
	প্র
	X
A A KIKIKIKIKIKIKIKIKIKIKIKIKIKIKIKIKIKIKI	

K	XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX	<u>n ww</u>
8		X
Ŕ		XX XX
ß		SIX
Ø		X
Ø		<u>Š</u>
8		<b>X</b>
8		X
X		
ß		XIV XIV
Ø		X
Ø		<u></u>
3		<b>X</b>
8		X
変		X لا
R		XIX
Ø		X
8		<b>X</b>
8		<b>X</b>
X		<u>I</u> X
Ň		XIX
Ø		XIX
Ø		N.
8		Ø
8		X
X		<u> </u>
Ŕ		XIX
Ø		X
Ø		Ň
8		<b>X</b>
X		X
Ř		XIX
B		XIX
Ø		N.
8		Ø
8		X
X		<u> </u>
R		XIX
Ø		X
8		<b>X</b>
3		<b>S</b>
X		<u>a</u>
XX		XIX
B		XIX
Ø		X
8		Ø
Ø		
X		<u> </u>
5		XIX
Ø		XIX
8		X
反	<u>XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX</u>	TARAD

YAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAA	NNNN
	No.
	X
	N N N N N N N N N N N N N N N N N N N
	X
	X
	X
	NX
	<u> </u>
	<u>کال</u> ک
	XIX
	<u> </u>
	X
	X
	X
	X
	<u> </u>
	X
	<u>ه</u>
	X
	X
	X
	<u> </u>
	X
	<u> </u>
	کالا
	<u> </u>
	L L L
<u> </u>	<u> </u>
	X
×	
	<u>S</u>
	<u> </u>
	<u>N</u>
	<u>کا</u>
	X
	<u> </u>
	<u>کارک</u>
	ST ST
	STS
91 V KIKIKIKIKIKIKIKIKIKIKIKIKIKIKIKIKIKIKI	

	~
NAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAA	2
List 5 things you don't like about yourself:	
Explain how the 5 things you don't like about yourself impact your	
life, happiness, success, relationships, etc.:	
me, nappiness, success, relationships, etc	
	_

YAAAAXAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAA	<u>n ww</u>
	No.
	X
	jc
	SIX
	J X
	X
	<u>Š</u>
	R
	X
	X
	NC
	SIX
	S X
	N.
	Ø
	<u>S</u>
	<u>i</u> x
	<u>U</u> X
	XIX
	X
	<u>Š</u>
	8
	X
	N N
	A C
	SIC X
	X
	<u>Š</u>
	R
	X
	<u>i</u>
	ADS
	XIX
	X
	<b>X</b>
	<b>X</b>
	<u>I</u> X
	<u>کالا</u>
	XIX
	X
8	<b>X</b>
	<b>X</b>
	<u>i</u> X
	<u> </u>
	X) (X
	XIC
	X.
	K K K M M M M M M M M M M M M M M M M M
	<u>S</u>
	<u>j</u> k
	XIX
AI ANANANANANANANANANANANANANANANANANANA	

 <u> INN</u>		00				000	000	-00	-00	-00	-00	-0				-00	-00	-00	-00	-	 										-00	5
INVIN	$1 \propto 1 \propto 1$	$\alpha \propto$	N/X//	$\sim 100$	1 (XII	VIN	$(\mathbf{x})$	$\mathbf{V}$		$(\mathbf{N})$	$\mathbf{N}$	1/X	II V	1/X	1/X	$\mathbf{V}$		$(\mathbf{X})$	$\mathbf{V}$	$(\mathbf{X})$	1/X	I X	1/X	11X	NΧ	$\mathbf{w}$	1/N	$\sim$	10	1XX	$\mathbf{v}$	
	ノレソレ	ソレン		シレ		~~~																										л.

$\lambda$ ANANANANANANANANANANANANANANANANANANAN	<u>A KAKAKAKAK</u>
	No. 10
	X
	No.
	SIX
	<u> </u>
	X
	×
	ĭ S
	X
	X
	হা
	X
	<u> </u>
	×
	<u> </u>
	X
	<u> </u>
	SIX
🕅	×
	X
	🛛
	X
	SD SD
	ZV Z
	<u> </u>
	8
	N N N N N N N N N N N N N N N N N N N
	X
	<u> </u>
	X
	<u> </u>
	X
	X
	<u> </u>
	X
	X
	XIX
	X
	X
	<u> </u>
	X
	<u>يالا</u>
	XIV XIV
	X
	X
<u>TAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAA</u>	<u>MAAAAAAAA</u>

$\lambda$ NANANANANANANANANANANANANANANANANANANA	<u>XXXX</u>
	No.
	2D
	XIC
	X
	×.
<u> </u>	<b>X</b>
	X
	XIX XIX
	X.
	X
	X
	<u>N</u>
	XIX
	XIX
	X.
	N N
	S S S
	XIV XIV
	X
	×.
	<u>S</u>
	<u>j</u> X
	X لا
XX	XIV XIV
	X
	Ø
	No. 1
	XD V
	X
	N.
	<u>N</u>
	X
	X L
	XIX
	X
	<b>X</b>
	X V X
	XIC
	N.
	N N
	<u>کارک</u>
	XIX XIX
<u>Zananananananananananananananananananan</u>	XXXXX

	<u>nanan</u>
	X
	X
	<u>S</u>
	XX
	X
	No.
	No.
	- X
	SX SX
	X
	<u> X</u>
	QQ
	<u>S</u>
	- 🐹
	X
	×X
	X
	X
	- 🕅
	X
	- 🕅
	&
	8
	<u></u>
	প্রি
	- Ø
	X
8	\X
	) S
	3
	- 3
	3
	— (전)
	X)
	X
	X
	N N N
	- X
	X
	X
	N N N
	ŠX X
	<u> X</u>
	<u> </u>
	<u> SI</u> S
	<u> SIC</u>
	SIC
	X) X) X)
	SX SX
	<b>M</b>
	XX
	XX
	X
	X
	X
	<u>Kawaa</u>