

Who I Am

Breaking the cycle of loneliness takes intentionality. Fill out this chart to help you understand who you are, to whom you can turn to in hard times, and who you can help along the way.

3 words to describe me:

- 1 _____
- 2 _____
- 3 _____

My favorite memory verse:

Ways I like to recharge:

My favorite 40 I AM:

I am happiest when:

Three people I can reach out to when I am feeling lonely:

- 1 _____
- 2 _____
- 3 _____

How I like to help others:

Places I would like to serve: