

Ability and Inability

In the triangle, list all of the things you are good at, your strengths and your abilities. In the side portions of the circle, fill in all of the things you would like to do with your life, to be as a person, and to offer to others. Below the tension line, list three things that get in between you and your accomplishments. Color the circle a color you feel represents limitation and the triangle a color which symbolizes growth. Color the tension line black.

