The Person I Want to Be

> *"A man then must stand erect, not be kept erect by others."*
>
> Marcus Aurelius, Meditations 3.5 (tr. Long)

This is not a list of resolutions. It is a picture of who you are trying to be, so that in a hard moment you can ask: what would that person do now? Write in plain words, as if describing someone you admire.

AREA	HOW I WANT TO BE	ONE SIGN I AM LIVING IT
At home		
At work or study		
With friends		
With myself		
In my community		

What drinking tells me I am

What I know I can be

Three words for the person I want to be

One thing that person would do this week

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