



PART 1: Ask yourself "Who am I?"

[illegible]

Wellbeing & Ascend Life Coaching
www.wellbeingncoaching.com

Troll Travels – Who am I?

PART 2: Now, you must go on a journey with this newfound self-knowledge.

BRIDGE 1



Imagine you're about to cross **Bridge Number 1**. In order to cross and not be eaten, Trevor the Troll demands you hand over 30 percent of your qualities—who you are—to him!



What qualities will you give away first? Return now to your list of qualities and when you've crossed out **30% of your most expendable qualities** check this box ☐

BRIDGE 2



Now imagine you're approaching **Bridge Number 2**. Again, in order to cross and not be eaten, Trevor the Troll demands you hand over 30 percent of who you are to him.

What qualities you will give away next?

When you've crossed out **another 30% of your qualities** check this box ☐

BRIDGE 3



You're about to cross **Bridge Number 3** and it's time for the final visit to your list of qualities. What final 30% of your qualities will you give away? Think hard because the 10% you're left with is all you'll have for the rest of your life. What *really* matters to you? What is the *essence of you that you must keep*?

When you've crossed out the final **30% of your qualities**, circle the qualities you're left with, then check this box ☐

PART 3: Review Time

Now, to wrap up your travels, let's take a look at what's you've learned about yourself.

1) What do you value MOST about yourself—your top 10%? *Reflect on this for a moment.*

2) What do you notice as you review your most valued qualities? _____

3) Which qualities were easiest to give up and why? (the ones you gave up *first*) _____

4) Which qualities were hardest to give up and why? (the ones you gave up *last*) _____

5) Which qualities do you tend to focus on in life, and why do you think that is? _____

6) What else have you learned about yourself from this exercise? _____