## I Am Me

<table>
<thead>
<tr>
<th>I Am</th>
<th>I Have</th>
<th>I Bring</th>
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</thead>
<tbody>
<tr>
<td>Examples: Responsible, Catholic, Nervous…</td>
<td>Examples: A Loving Family, A Disability, Pets…</td>
<td>Examples: Companionship, Employment, Independence…</td>
</tr>
</tbody>
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<thead>
<tr>
<th>I Need</th>
<th>I Seek</th>
</tr>
</thead>
<tbody>
<tr>
<td>Examples: Moral Support, A Sense Of Humor…</td>
<td>Examples: A Partner, A Job, Independence…</td>
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