

This is Who I Am

Take time to explore these questions and write as much as you can about each question. Don't be shy. If you feel you have a quality write it down. If you feel you have it but it could be better, put an asterisk beside it. No one needs to see this but you.

1. This is who I am emotionally. (Do I share my feelings openly, can I hold a space for others to share their feelings, am I able to or am I working on healing the feelings that no longer serve me?)

2. This is who I am intellectually. (not about I.Q. - About am I curious, open to new thoughts, taking time to learn new things)

3. This is who am I spiritually. (not about dogma, doctrine or religion but rather about do I care about the earth, am I able to love without prejudice, do I have a sense of oneness with all living things)

4. This is who am I physically. (Not about being size 2 or buff, but rather, do you take care of your body, do you love it and understand that that is where your spirit resides.)

5. Make a list of all the awards, commendations, certificates and honors you have received in your life.

6. Make a list of all the compliments and good things your friends or co-workers have told you about yourself **as long as you believe them to be true.**

7. This is how I contribute to change in the world to improve the life of others.

8. List the areas you want to focus on improving.