

IDENTITY

Who are you?

“

**“I am not what I
think I am.**

**I am not what you
think I am.**

**I am what I think
you think I am.”**

”

- Charles Horton Cooley



Think about that quote for a minute. Say it out loud a couple of times and get your head around it.

Now, think about “you” for a second. Right now, sitting there, reading the words on this page:

Who are “you”?

What makes you, “you”?

How well do you know yourself?

How well do you hide from yourself?

Questions like these can bring up uncomfortable feelings and truths about ourselves, our lives and the people that populate it.

A lack of self knowledge also comes with risks e.g., being in the wrong job or tolerating an unhealthy relationship. But don't worry, turn over for some questions that can help with this.

NOUN

**Self (noun); Selves (plural noun); one's self (noun); one's Selves (plural noun)*

a person's essential being that distinguishes them from others, especially considered as the object of introspection or reflexive action.

GETTING CLEAR...

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When you are clear on who you are, what matters most to you, what you really want, and how to run your mind effectively, you can feel better and create a life of happiness and fulfilment that all too often, people hold back from, not realise is possible for them.

Some questions to make you think...

I am here in my life, here is...

If all barriers were removed, I would use my time and energy to create the following in my life...

At heart I am really...

If failure was not possible I'd try...

If difficult thoughts and feelings no longer held me back, my life would be different in the following ways...

THE REAL "YOU" ...

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Who are "you" in different areas of your life?

There is the "you" you are inside, and the "you" you present to the world. Depending on the situation, the "you" you present to the world changes and adapts. Consider the "you" you are at work, at home, on a night out, with friends, on social media, with your parents or kids if you have them, at the gym, in a swanky restaurant... (you see where this is going)

All the people and situations in our lives come with different expectations of who and how we should be (of the real and airbrushed virtual kind). External pressures come in all shapes and sizes. Some are more obvious than others, and lots you will be completely unaware of at a conscious level. Who we are is affected by these people, situations and expectations.

I am who I am with you, with you! (read that twice!)

1 Imagine yourself at 100yrs old and on your deathbed. You have time to reflect on your life, how would you answer the following questions?

I will wish I worried less about...

I will wish I had spent more time doing...

I would do these things differently...

Now read this bit...



Did your answers include things like "just be happy" "don't sweat the little things" "appreciate what you have" "don't worry so much" "spend time with the ones you love"? Guess what? Whatever your advice was to your 10year old self, is really your advice to yourself, and it can start to reveal what is really important to you.

Is there a difference between what is important to you in your life, and how you are actually living it?

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2 Your 10yr old self looks you in the eye and asks you “what should I do with my life?”

What would you say to your 10yr old self?

3 Your "To Be" list...

Write a list of 20 things you would like to be (not have or do).

20 is an important number. By the time you get to approx number 12, you will be just starting to struggle. Its tempting to stop but when you push past that point and get to 20 you are taking yourself beyond the surface structure.

- | | |
|-----|-----|
| 1. | 11. |
| 2. | 12. |
| 3. | 13. |
| 4. | 14. |
| 5. | 15. |
| 6. | 16. |
| 7. | 17. |
| 8. | 18. |
| 9. | 19. |
| 10. | 20. |

Guess what?



Who you want to be is exactly who you are.
It's you, just without all the limiting beliefs, excuses, external pressures and expectations, and *baggage you are carrying from the life you have experienced so far.

A close-up photograph of a dark brown ceramic mug filled with coffee, with wisps of white steam rising from it. The mug is placed on an open book with German text. The background is a soft-focus indoor setting with warm lighting.

Thank you for reading!

If you want to take this work further,
see my life coaching access plans at:

www.sueorwin.com