

Task - Who Am I?

This is an exercise in self discovery. Who are you really?

I would like you to explore the following questions. Do this quickly. I want your unconscious concept not your conscious concept. Write the answers quickly. Trust that whatever comes up for you is right. Just let what comes flow naturally - give yourself **permission** to let it out. If the answers don't come to you straight away move onto the next one quickly, then come back to it.

- Who am I really?
- What does the real me look like?
- How would I be dressing or presenting myself if I were being true to me?
- What does the real me sound like?
- How would I be speaking to myself and others if I were being true to me?
- What does the real me feel like?
- How would I be feeling, and how would I care for my wellbeing if I were being true to me?
- What does the real me like to do?
- What would I be doing (at home, work, with family/friends, in public etc) if I were being true to me?
- What would I be creating if I were being true to me?
- How would others describe me if they met the real me?
- What would others like most about me if they met the real me?
- Is the real me ok?
- Can I accept, love, honour and express the real me?