



Fill in the Blank

As you allow yourself to “sit still”, you will be able to “distill” more of your essence. By making room in your life for reflection and contemplation, you’ll find the essence of your soul.

Ask 3 Key Questions:

1. Who am I?

Sometimes we define ourselves based on the expectations and desires of others. To find the true answer, release the expectations and desires of your family, friends and society. If you are still struggling to find the answer, then turn the question around. Ask yourself, “Who am I not?” Write your answers below.

I am *(for example, a leader, charismatic, energetic, playful, etc.)*

I am not *(for example, quiet, or a conformist, or only a parent or spouse, etc.)*

2. ***What do I desire?***

To understand your deepest desires, ask yourself, “What makes me happy?” Define your priorities and determine why they are important to you. Also make sure they are *your* priorities, not ones based on the expectations and desires of others. Write your answers below.

What do I desire? *(For example, inner peace, happiness, to find my purpose, to leave this world a better place, etc.)*

These things make me happy *(For example, relaxing, singing, learning, using humor and wit to make people laugh, etc.)*

My priorities are: *(For example, my physical and emotional health, my spiritual growth, my spouse, my family, etc.)* **Why?** *(For example, I intentionally put myself first because I know that by nurturing myself, I give others permission to honor themselves too.)*

3. ***How am I different?***

What unique talents or traits have you suppressed or denied? Unfortunately, we learn to conform to group thinking and societal beliefs. We believe that our differences are “flaws.” Our unique qualities become hidden under a pile of shame. However, do not hide your differences; embrace them! These unique qualities are your gifts. They define your spiritual essence. They are clues to who you really are. So, ask yourself, “is there something highly spiritual, creative, or unique about who I am?”

What makes me different from others? *(For example, I love crowds. I love meeting new people from different cultures and diverse lifestyles.)*

What unique qualities do I deny? Am I ashamed of certain traits? *(For example, I always thought my sociability meant that I lacked the ability to be serious or productive. Now I realize that my ability to connect to countless individuals is one of my greatest strengths and helps me be successful.)*