# “Who am I you ask?

I am made from all the people I have encountered and all the things I have experienced.

Inside I hold the laughter of my friends, the arguments of my parents, the chattering of children and the warmth of kind strangers.

Inside there are stitchings from cracked hearts, bitter words from heated arguments, music that gets me through and emotions I cannot convey.

I am made from all these people and moments.

That is who I am”

Anon



# A Set of Reflections to Answer the Question Who Am I ?

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| Do this in your own time as a reflective exercise, in a warm room with a full glass. |
| TALENTS |
| What are your greatest talents or skills? |
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| Which of your talents or skills gives you the greatest sense of pride or satisfaction? |
|  |
| What talents or skills do you admire most in others? |
|  |
| What talent or skill do you wish to develop for yourself? |
|  |
| TRAITS/QUALITIES |
| What are your five greatest strengths? |
| 1. |
| 2. |
| 3. |
| 4. |
| 5. |
| What do you feel are your two biggest weaknesses? |
| 1. |
| 2. |
| What are your best qualities/characteristics? |
|  |
| What qualities do you wish you had? |
|  |
| What qualities or traits do you most admire in others? |
|  |
| What behaviours, traits, or qualities do you want other people to admire in you? |
|  |
| VALUES |
| What are ten (10) things that are really important to you? |
| 1. |
| 2. |
| 3. |
| 4. |
| 5. |
| 6. |
| 7. |
| 8. |
| 9. |
| 10. |
| What are the three most important things to you? |
| 1. |
| 2. |
| 3. |
| Do you spend enough time on/with the things you most value? Why or why not? |
|  |
| What are the values that you hold most near to your heart? |
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| PERCEPTION |
| How is the “public you” different from the “private you”? |
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| What makes it hard to be yourself with others? |
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| How are you trying to please others with the way you live your life? |
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| What do you want people to think and say about you? |
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| How do your behaviours and actions support what they think or say? |
|  |
| What do you least want people to think about you? |
|  |
| Is it more important to be liked by others or to be yourself? Why? |
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| Who are the people who allow you to feel fully yourself? |
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| What places allow you to feel fully yourself? |
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| What activities allow you to feel fully yourself? |
| How do you want people to remember you when you are gone? |
| ACCOMPLISHMENTS |
| What three things are you most proud of in your life to date? |
| 1. |
| 2. |
| 3. |
| What do you hope to achieve in life? |
|  |
| If you were to receive an award, what would you want that award to represent? Why? |
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| If you could accomplish only one thing during the rest of your life, what would it be? |
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| What do you believe you are here to accomplish or contribute to the world? |
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| REFLECTION |
| List three (3) things that you are: |
| 1. |
| 2. |
| 3. |
| List three (3) things that you are not: |
| 1. |
| 2. |
| 3. |
| What is something that represents you? (e.g. song, animal, flower, poem, symbol, etc…) why? |
|  |
| What do you like best about yourself? |
|  |
| What do you like least about yourself? |
|  |
| What three things would you like to change most about yourself? |
| 1. |
| 2. |
| 3. |
| Who are two people you most admire? |
| 1. |
| 2. |
| What do you admire about them? |
|  |
| What are five things you love to do? |
| 1. |
| 2. |
| 3. |
| 4. |
| 5. |
| What matters to you most in my life? |
|  |
| What makes you happy? |
| What are three things you believe you need in order to have a great life? |
| 1. |
| 2. |
| 3. |
| Why are those things important to you? |
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| What do you stand for (Principles)? |
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| How do you want to impact the lives of others? |
|  |
| Finish the sentence |
| I do my best when... |
| I struggle when… |
| I am comfortable when… |
| I feel stress when… |
| I am courageous when... |
| One of the most important things I learned was... |
| I missed a great opportunity when... |
| One of my favourite memories is… |
| My toughest decisions involve... |
| Being myself is hard because… |
| I can be myself when… |
| I wish I was more…. |
| I wish I could… |
| I wish I would regularly…. |
| I wish I had… |
| I wish I knew… |
| I wish I felt… |
| I wish I saw… |
| I wish I thought… |
| Life should be about… |
| I am going to make my life about… |