

Love What Makes You, YOU!

What Makes _____, _____?
(insert name) (insert name)

This exercise will require you to be honest/truthful with yourself...to be authentic. No need to do this all-in-one sitting. Work with it as you feel called.

Authenticity – Being true to your own values, beliefs, and behaviors without trying to conform to external expectations.

On a separate sheet of paper, make of list of answers for the questions you are drawn to below.

- What Beliefs/Values Make you, YOU?
- What Characteristics/Qualities Make you, YOU?
- What Quirks Make you, YOU?
- What Skills Make you, YOU?
- What Strengths/Weaknesses Make you, YOU?
- What Desires Make you, YOU?
- What Behaviors Make you, YOU?
- What Likes/Dislikes Make you, YOU?
- What “Other things” Make you, YOU?

NOTE: Do you only have positive aspects on your list(s)? Then take a moment to dig a little deeper and see what might be hiding in the shadows within. Are there thoughts/feelings you don't want to state? What if, in this moment, you allowed those thoughts/feelings to be seen and acknowledged as part of you, neither good or bad? Take a moment to add those in.

With the list(s) you have made, go through each item, and answer honestly, **“Do you Love this ‘thing’ which makes you, You?”**

- If yes, then smile and embrace this ‘thing’ before moving on to the next item.
- If no, that's ok. Simply acknowledge that truth.
 - If the ‘thing’ is a part of self, ask “Why is it that I don't love this part of self?” and write down what comes up. Then, when you are ready, take a moment to visualize yourself saying “I see you” and/or embracing it. Showing to it, the same kindness and unconditional love you would show to a child.
 - If the ‘thing’ is a belief/value (something other than a part of self), then ask “Is this supporting me in my life?”
 - If yes, get curious about why this feels negative while at the same time supporting you. And write down what comes up. And work with it as you need.
 - If no, maybe it is time to let it go. To send it back to source, with love. Thanking it for how it has helped you and then sending it on its way.

At the end of your session/work, take a moment to breathe deeply and give yourself thanks for the courage to look a little deeper at Loving What Makes You, YOU!

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