

SELF-AWARENESS

CLEARING THE DUST

“Your identity is a mirror covered with dust. When you first look in the mirror, the truth of who you are and what you value is obscured. Clearing it may not be pleasant, but only when that dust is gone can you see your true reflection.” — Jay Shetty

In his book *Think like a Monk*, Jay Shetty compares our identity to a mirror covered in dust. While our reflection in the mirror represents who we truly are, the dust stands for the accumulated layers of other people's opinions, societal expectations, and various other external influences that have shaped our self-perception over time (e.g. the values and beliefs of our culture, parents, and peer groups).

To rediscover our authentic voice, the *Clearing the Dust* exercise is designed to peel away these layers of outside influence, allowing us to distinguish between the external 'dust' and our true self.

	Accumulated dust (e.g. by parents, peers, society)	Authentic self (this is what I truly believe)
Core values to live by		
Future goals and aspirations		
Markers of “success”		

	<i>Accumulated dust</i> (e.g. by parents, peers, society)	<i>Authentic self</i> (this is what I truly believe)
You should / must ... / You're a good person if ...		
You shouldn't / mustn't ... / You're a bad person if ...		
This is a "life well lived"		
Fears and worries		
You are worthy and lovable if...		