

Life in Transition: Who am I?

Often we feel a sense of being lost or stuck. This is normal as it will happen in various stages of our life. We are always in transition into something new and different. Sometimes by our own choice and sometimes by decisions made by others. All of this can affect our sense of identity. This worksheet is designed to begin a personal open dialogue with yourself. It is a conversation starter with your self. It is always better to have someone facilitate the discussion and dialogue so if you are feeling stuck please reach out to me to help you navigate these life questions.

1. What or who has defined you in the past few years? This can be a role you have been filling for many years such as son, daughter, husband, wife, partner, parent, employee, etc.
2. What happened to you that changed this role or identity? This can be an illness, moving, loss of job, loss of partner, graduation, promotion, etc.
3. Who gets to define you? As you may know the answer to this question is you. You get to define you and what you want for your life. No one can make you do anything. You have the wonderful ability and gift called "choice". You get to decide what happens next in your life. Even if life has thrown you limitations and expectations, you still get to decide your next step. Take a moment and pause to be aware of these statement. Awareness is essential to exploring who you were, who you are and where you are going. You get to define you.
4. Identify your core values. What are your personal core values. This is where we operate from to find a sense of accomplishment. When we operate from our core values we find joy and happiness. Some core values can be integrity, compassion, giving, listening, spirituality, etc. What are your core values?
5. What gives you joy, happiness, and peace? What gives you the opportunity to make positive changes in yours and others life. It is nice to be financially stable but what gives you true joy and happiness. If you are still stuck think back to when you enjoyed life and what were the things you were doing that made life amazing and fruitful.
6. What keeps you on the right path? It is easy to go back to old behaviors and beliefs. What will hold you accountable to staying on the right path for you? Is it structure, accountability groups, discipline, routines, faith, trust, prayer, etc.

These are great conversation starters to ponder and even journal about. If you haven't put pen to paper take some time to start a journal. You can break down these starters into small pieces or you can cycle back through them if you feel you are not being true to your own self. If you need a guide, reach out to me and let me help facilitate this wonderful exploration of yourself.

