

10 ROUNDS

BATTLING YOUR INNER ME(TM)

ROUND 1

WHO AM I?

Before we can challenge the INNER Me, we have to meet them.

THOUGHT LIFE ACADEMY

Coach Dee | Whole is the Goal.

WELCOME TO ROUND 1

This first Round is not about who you should be, who other people expect you to be, or even who you are trying to become. This is about getting honest about who you believe you are right now.

There are no right answers. Do not give the answer that sounds healed, mature, spiritual, successful, or socially acceptable. Give your answer.

HOW TO USE THIS WORKBOOK

Move slowly. Write what comes up before you edit it. You do not have to make every answer sound good. This workbook is a place to notice patterns, labels, beliefs, fears, and voices that may have helped shape the way you see yourself.

After you complete the workbook, return to your 10 Rounds client page and complete your Round 1 Check-In before your coaching session.

BEFORE YOU BEGIN

1. Without mentioning your job, relationship status, children, education, accomplishments, or what you do for other people, answer this question: **WHO ARE YOU?**

2. Write 10 words that describe you.

3. Of those 10 words, which ones did you choose for yourself and which ones were given to you by other people?

4. Finish this sentence without overthinking it: "I am the kind of person who..."

OPENER: WHO AM I? THINK AGAIN

Watch Hetain Patel's TED Talk, "Who am I? Think again." As you watch, pay attention to what comes up for you around identity, labels, assumptions, and the stories we use to explain who we are.

VIDEO: Search YouTube for: Hetain Patel - Who am I? Think again | TED

5. What did the video make you question about the way you define yourself?

6. How much of the person you described in Question 1 came from your own discovery of yourself, and how much came from what you have been told about yourself?

WHO TOLD YOU?

7. What is something you believe about yourself that you cannot remember deciding to believe?

8. Who or what taught you that?

9. What labels have followed you through your life? Examples: difficult, strong, smart, sensitive, angry, shy, selfish, responsible, dramatic, independent, lazy, successful, broken, dependable, too much, not enough.

10. Which of those labels still affect how you see yourself today?

11. Is there something someone said about you years ago that you are still trying to prove wrong?

12. Is there something someone said about you years ago that you are still trying to prove right?

THE MIRROR

13. When nobody needs anything from you, who are you?

14. What do you genuinely like about yourself?

15. What part of yourself do you have the hardest time accepting?

16. What version of yourself do you present to other people that may not tell the whole story?

17. What do you hope people never discover about you?

18. What do you wish people understood about you without you having to explain it?

YOUR INNER ME

The INNER Me is not automatically the enemy. Sometimes it is a voice, habit, defense, belief, or survival pattern that learned how to protect you. In 10 Rounds, we are going to learn what it has been saying, what it has been protecting, and what it may be costing you now.

19. When you make a mistake, what does the voice in your head usually say to you? Write the actual words.

20. Whose voice does that sound like?

21. What does your INNER Me seem most afraid of?

22. What does your INNER Me cause you to do when you feel rejected, afraid, embarrassed, hurt, or not good enough?

23. What has that behavior protected you from?

24. What has that same behavior cost you?

BEFORE WE LEAVE ROUND 1

25. Complete this sentence: "I have spent a lot of my life believing I am..."

26. Now complete this one: "But I am beginning to question whether..."

27. If you could discover one truth about yourself during these 10 Rounds, what would you want to know?

28. Right now, before doing any more work, answer the opening question again: WHO ARE YOU?

COACH DEE'S CORNER

Don't try to fix what you wrote.

Don't clean it up.

Don't judge it.

Round 1 is not about changing you.

It's about finding out who walked into the ring.

READY TO LEAVE ROUND 1?

Return to your 10 Rounds client page and complete your Round 1 Check-In. Your check-in is what you intentionally bring into the coaching conversation.

Whole is the Goal.