

Who Do You Think You Are? By Barbara Caldicott

Who do you think you are? Do you know who you are?

What are the experiences that made you who you are?

Whose traits have you inherited from your family?

Who had the greatest influence on your thinking?

Does your environment affect who you are?

What sort of person are you?

Do you have a sense of humour, or even a sense of fun?

Are you objective or subjective? Do you emphasise?

Are you a cup half full, or a cup half empty?

Are you neat and tidy, or not quite so tidy and neat?

Are you a sentimentalist, practical, a dreamer or pedantic?

These are the questions I ask myself.