

Who do I believe I am?

A reflection workbook | Set aside about 20 minutes

A note before you begin

Write honestly, without trying to sound impressive or consistent.

No one else needs to read these pages. There are no correct answers.

1. Complete this sentence ten times:

I am a person who...

01

02

03

04

05

06

07

08

09

10

What is a fact?

Return to the ten sentences you wrote on the previous page.

Mark each sentence in the right-hand column:

F = a fact about me

S = a story I tell about myself

? = I am no longer sure

You may find that a sentence contains both a fact and a story. Mark it ?

01		F S ?
02		F S ?
03		F S ?
04		F S ?
05		F S ?
06		F S ?
07		F S ?
08		F S ?
09		F S ?
10		F S ?

Notice:

Which labels came easily? Which ones did you hesitate to mark?

Investigate three sentences

Choose the three statements that feel most important or uncertain.

SENTENCE 1

When did I begin to believe this?

What in my life seems to support it?

What in my life tells a different story?

Who might I be without this belief?

SENTENCE 2

When did I begin to believe this?

What in my life seems to support it?

What in my life tells a different story?

Who might I be without this belief?

SENTENCE 3

When did I begin to believe this?

What in my life seems to support it?

What in my life tells a different story?

Who might I be without this belief?

Make room for a new reading

The aim is curiosity, not a replacement label.

2. Complete this sentence at least three times:

Perhaps I am not...

01

02

03

For example:

Perhaps I am not inherently disorganised. Perhaps I have lived with disorganised habits in recent years, and those habits can change.

3. Take this question into the rest of your day:

When I say "this is just who I am", am I describing my whole life or only one familiar chapter?

One sentence I want to keep reading more carefully:
