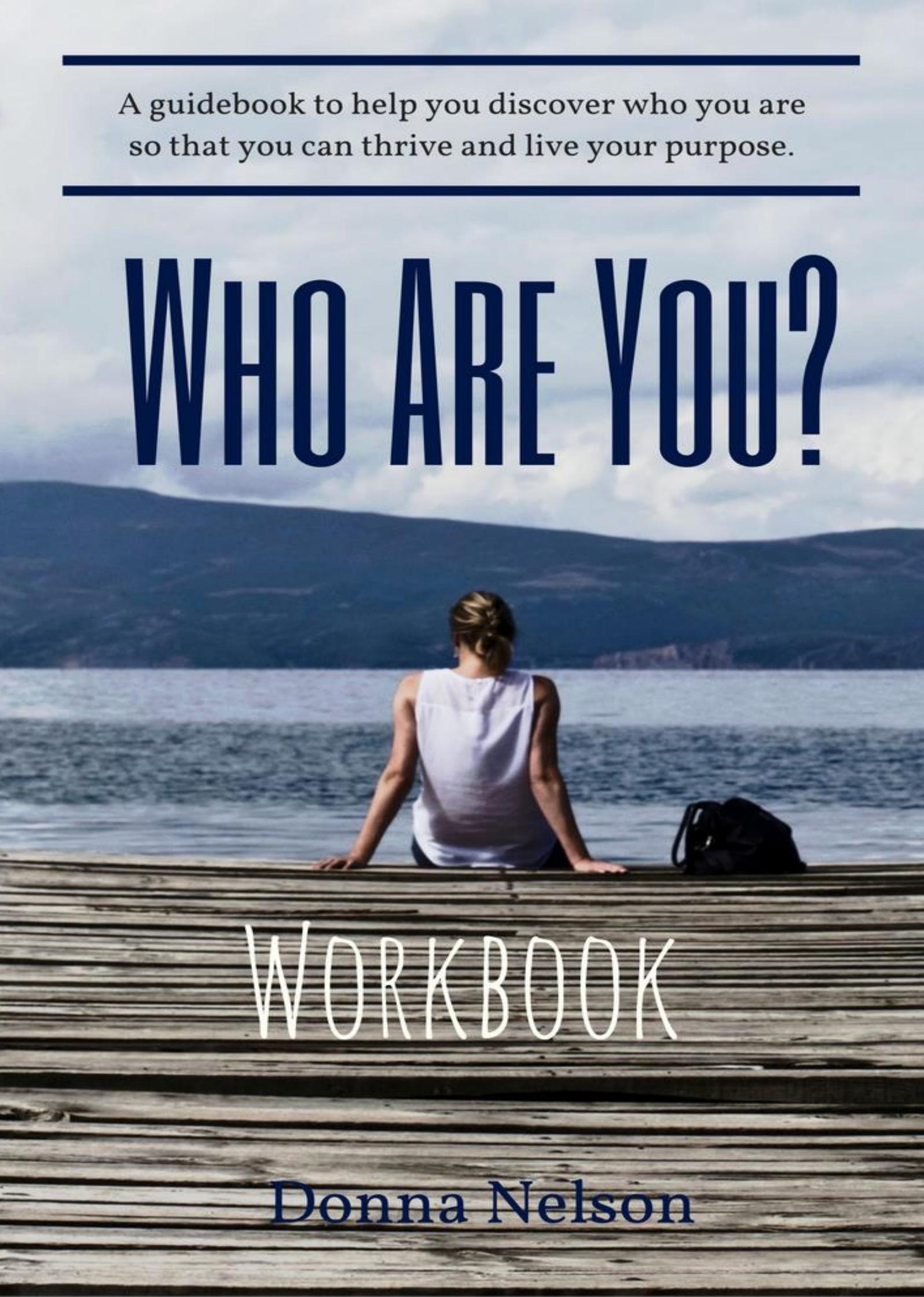

A guidebook to help you discover who you are
so that you can thrive and live your purpose.

WHO ARE YOU?

A woman with blonde hair tied back, wearing a white sleeveless top, is sitting on a wooden pier. She is looking out over a large body of water towards a range of mountains under a cloudy sky. A black bag is on the pier next to her.

WORKBOOK

Donna Nelson

WHO ARE YOU?

If you're wondering why it's important to know who you are, and what your values, beliefs and thoughts are – here are some reasons:

1. When you know who you are you're more present in your life.
2. You make clear and aligned decisions.
3. You have higher levels of intuition.
4. You live in integrity with your values and true self.
5. You synchronise with your purpose.
6. You have higher self-esteem.
7. You aren't easily and unduly influenced.
8. You give, and love, well.
9. You feel at home within yourself and, therefore, wherever you go.

Getting to know yourself is an intricate process. So much of who you are is subtle, dynamic and behind-the-scenes (as I call it). In fact, most of who we are is hidden - mysterious and unknown to the external world.

The parts that pop up and show themselves are often aspects that are protective and reactionary - they're not indicative of the real you. They're mostly habitual, and manifested at a time when you were stressed, confused or hurt.

These questions are an invitation to get deeper into your true self. They're here to start your journey of self-inquiry and knowledge.

Questions such as 'Who am I?', 'Why am I here?', 'What am I here to do?', 'What's my purpose?', and 'What's the meaning of life?' are so fundamental, that you might be asking yourself 'Why was I not asked these questions years ago? And why didn't I think to ask them of myself?'

Whatever brought you here, today is the day to start answering them!

How did you get to where you are today? What decisions did you make that led you here? Was it a conscious act of creation, or was it more by default?

Every decision that you made led you to this point, and every thought and action that you take today affects your future. They also make a clear statement to the world, and to yourself, that 'This is who I am. This is who I choose to be' - whether you mean them to or not.

How aware are you of how, and why, you make the decisions you do? In the moment that you make a decision - what thoughts guide it, what beliefs? What influences the decisions that you make?

Who you think you are, how you feel, (and your beliefs) about yourself and the world all decide what you do. They also determine how happy, successful and healthy you are. Knowing who you are is integral to a happy and healthy life. Asking yourself the necessary questions, and answering them thoughtfully and truthfully, will help you ground yourself in your being, and will be the platform from which you fly.

What are your Core Values? What characteristics, aspects, ideals and principles do you value?

Knowing what they are filters out the things that aren't aligned with your standards, who you really are, and your integrity.

There's space below to write them down.

Here is a list of Values to choose from:

(You can find more extensive lists online, or come up with your own. Circle as many as you want, but write down your top six)

- Abundance
- Acceptance
- Adventure
- Appreciation
- Balance
- Beauty
- Belonging
- Care
- Change
- Clarity
- Delight
- Depth

- Dignity
- Ease
- Elation
- Energy
- Ethics
- Faith
- Fortitude
- Freedom
- Giving
- Grace
- Growth
- Honesty
- Humour
- Imagination
- Individuality
- Inspiration
- Joy
- Justice
- Kindness
- Knowledge
- Lightness
- Love
- Loyalty
- Mastery
- Meaning
- Motivation
- Nature
- Non-Conformity
- Openness
- Optimism
- Order
- Patience
- Passion
- Peace
- Relief
- Resolve

- Respect
- Satisfaction
- Serenity
- Simplicity
- Tranquility
- Trust
- Truth
- Understanding
- Uniqueness
- Unity
- Virtue
- Vision
- Vitality
- Warmth
- Willingness
- Wisdom
- Wonder
- Youthfulness
- Zeal

Your Top Six Values:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Who and What are your Priorities?

Is this reflected in the time, and the quality of the time, that you share with them?

What's **really** important to you?

Who, What and Where inspires you?

(Throughout your day, for the next week, jot down the people, places and things that light you up)

What do you want to bring into the world?

What, in your uniqueness, can only you offer this world?

What is your best way of getting and staying organised?

Who (and what) do you want, and need, to be connected to?

What things are fun for you?

How often do you do them?

What brings you feelings of freedom?

What brings peace into your life?

What fulfils you?

What do you believe about yourself; life; others; your purpose; the meaning of life; your potential?

How possible do you believe it is to fulfil your potential?

What do you believe your capabilities to be?

What are your attitudes to life, yourself and others?

Look at your thoughts, especially the repetitive ones and ask yourself:

1. Do they serve me?
2. Do they reflect who I am now?
3. Are they true?
4. Are they useful and productive?

What have you promised yourself that you're ready to honour? Or what are you ready to promise yourself?

What does being authentic mean to you?

Make observations about yourself from a third person perspective. Noticing what you feel as you go about your day will help you to realise the answers to many of these questions. Often, and bizarrely, we don't know the simplest things about ourselves because of sheer busyness. Slow down and be willing to be an observer for a while.

Be who you came here to be – whether or not you believe in destiny, etc. Make a decision, and a commitment to yourself, to honour your dreams, passions and desires - and to be true to who you know you really are, underneath all of the habits and learned behaviour.

Be willing to get real with yourself.

Who are you being in the world?

Is that the you that you know yourself to be?

(If not, why do you think that is?)

Have clarity about what you are and what you want. See who you are and who you might become. Dive deep into your soul and being.

Who are your heroes?

Who do you admire?

(They can be real or imagined, historical or fictional. Do you admire who they are and what they do? Or do you admire the way that they do things? Or the way that they make people feel? Perhaps it's what they achieve?)

Believe that you are capable of great things. Remember to ground yourself. Create the support that you need to nurture your growth.

Build belief in who you are, right where you are, and at the same time have faith in your vision of who you can become. Grow roots so that you can branch out and blossom.

Having that vision helps you to be strong, because you know that you have what it takes to be the best that you can be. Climb that wall of doubt and procrastination and see the view from the top. Do this with continual determination, study and dedication, based on the belief and knowledge you gain from building the right foundations.

Take action with the confidence that you have garnered from knowing who you are, what you want, and what you aspire to achieve.

What you believe is how you experience the world. Belief is your main filter of reality. Your perspective on life, and yourself, dictates what you do and how you feel. What is more important than what you do and how you feel?

As they say, beliefs are thoughts thought often. They are habitual thoughts. And as they also say – you have control over what you think. If you're serious about having a fantastic life, if you're serious about being the best that you can be, then you will very quickly realise that you don't have time for hanging out with negativity. Not yours, not others.

Maintaining a sense of positivity is crucial to success. You may not be able to be in a heightened state of motivation all the time, but you can feel peace, happiness, joy, love, acceptance, gratitude or allowing - all of which are positive, progressive and supportive in their energy.

Remember to answer all of the questions to gain insight and clarity into who you are. If you're having issues answering them, then become a detective and look for clues - observe yourself.

I hope that you've had a wonderful adventure getting to know yourself. This workbook is a part of my 'Discover Your Purpose and Explore Your Potential' Course. You can go to donnanelson.com.au to find out more, explore further, stay connected and get more inspiration, information, ideas & insights.