

limit breaker

LIFE COACH FOR WOMEN

THE CORE OF WHO YOU ARE

When you answer the following question, don't give reference to any of your achievements, your failures, what you do, or have done in the past. No awards you have been given, or qualifications you have gained. No reference to the quality of your current or past relationships. No reference to your sexual preferences or gender identity. No reference to your faith, or lack of it. No reference to your rank, position, or responsibilities. No reference to any groups you're a member of, or identities you associate with.

Now tell me, who are you? With all that stripped away, who are you at your core?

Did you struggle to answer? Not sure if your answer was quite right?

Do the exercise on the next page to delve a little deeper.

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THE EXERCISE

Believe it or not, life is lived from the inside out. Your core self will influence the choices you make, the things you do and how you react to situations.

This exercise seeks to find out who you are when your job, the groups you associate with, your relationships, your perceived identity is stripped away.

The resulting core self you identify will serve to help you understand who you truly are. Sometimes in life, our identity is removed suddenly through the loss of a job, relationship etc. If you know your core self, then you become stronger, your bounce-back will be faster, and your sense of self will keep you going.

Fill in the circle:

Outer circle: The things you do - your job, hobbies, volunteering etc

Middle circle: The person you are - your relationships, your faith or lack of, gender identity, sexual preferences etc

Core circle: Your core self - your core values, your personality traits, your sense of self with everything stripped away

Once you're done, go back to the first page and answer the question again: who are you?

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