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How to Uncover Who You Are & What You Want

By **Regina V. Cates**

How to Uncover Who You Really Are & What You Want From Life



Know Who You Are and What You Want From Life

Do you know who you are? Do you know what you want from life?

For me, these questions went unanswered for many years. I was too busy trying to fit into a specific box other people said I had to fit into.

Maybe you know how I felt.

During my growing-up years, I wanted to be a beautiful, popular person. Pretty girls and handsome boys got more attention, had more friends, were invited to more parties, and seemed to have more fun. From outside looking in it seemed those who were born good-looking were more valuable. Society, television, magazines, fashion, my peers, and movies led me to believe this. But I was not pretty or popular.

To make matters worse, it was tough growing up and not fitting into the mold of how I was supposed to dress as a girl. All my life I shied away from wearing dresses and skirts and girly shoes. Ribbons, bows, lace, and frills just did not feel right on me. Until graduate school, I was a below-average student in a world where getting A's was valued so highly. Reading was not easy for me. Studying was not enjoyable. Mathematics beyond the basics was as confusing as a foreign language. I had no comprehension of chemistry or physics, and spelling, grammar, and writing were some of my worst subjects. The thought of taking an exam or having to dissect a poor little frog, much less a cat, made me cringe.

I was not attracted to boys, and I did not want a house with a white picket fence. I felt uncomfortable being programmed to find a husband, have children, and be a good wife who did what I was told. So, who I was supposed to be, according to society, religion, and my peers, did not come close to who I was and what I really wanted.

How was I going to be fulfilled by being forced to fall in line with the expectations other people had for me?

No, I was not beautiful. But I did take a dying chrysanthemum from my aunt's porch and replant

it next to her driveway, where it thrived for many years. While on vacation with my family, rather than poke around a roadside trinket shop, I spent time giving water to a donkey tied up in the sun.

No, I was not a girly girl waiting to meet Prince Charming. But as a little girl I asked my mom to buy shoes for a shoeless classmate, and I asked my dad for baseball equipment for the children at the orphanage.

No, I was not a superbrain. But I loved animals, flowers, the outdoors, and sports. Endless fantasies of defending the planet from evil villains bent on world domination came more naturally to me. As did bringing an extra sandwich to school for a friend who did not bring a lunch, or rescuing earthworms from the hot pavement, or drying off little birds after they were caught in torrential thunderstorms.

Today I accept I was made to be unique; an average-looking, learning-challenged, jeans-wearing, big-hearted, gay tomboy. I was only uncomfortable being me, as billions of us are, because I was brainwashed into believing I was not good enough unless I lived up to other people's ideals and values. After going through many years of self-loathing and feeling out of place in the world, it dawned on me - I am not meant to live another person's life. I am only intended to live mine.

With this realization also came the awareness I had some hard and honest work to do to define who "me" is. I did not know who I was or what I wanted from life when I lacked self-love and self-acceptance. I did not know who I was when I engaged in unhealthy competition in an attempt to meet a one-size-fits all shallow standard of who other people thought I was supposed to be. I did not know who I was when I allowed other people to define success for me.

Self-Love is Being True to You

There was a time in life when I cared more for being liked, not making waves, and what other people thought of me than I did liking myself and caring about what I thought of me. Looking back, I can say it did not feel good to do what other people thought was best when I knew, deep in my heart, what they wanted for me was not close to what I was comfortable with for myself.

How to Uncover Who You Really Are & What You Want From Life



To create a life of authenticity, self-respect, and love, I had to confront what I was exposed to in my religious experience that made no sense to my heart, which is the soul I am. I had to ask hard questions and challenge judgmental beliefs and practices out of life-saving necessity, because as early as age five, I knew I was gay.

I cannot tell you how I knew so young. Yet it is not uncommon for some gay, bi-sexual, transgender people to know at such an early age. As you can imagine, being gay was a secret I kept as long as possible. I dared not tell anyone. I knew exactly what would happen. In church, and within society, it was made clear how much my kind was despised and feared.

At age eighteen I could no longer deny who I was and I told my parents. With the intention of changing me, they sent me to a physician who sexually molested me. Then I was locked in a psychiatric hospital because they thought I was depressed. Sure, I was depressed. I had just been sexually violated and the two people who were supposed to love me unconditionally, like Jesus would, told me I was going to hell and had broken their hearts.

Sadly, my parents' Christian religious experience taught them to detest gay people, while at the same time having to make sense of contradictory messages, such as *Thou shall not judge* and *Treat people as you want to be treated*. So when I confessed my big secret, they faced their worst nightmare too.

I am certain they believed their motivation was love. Maybe they wanted me to be viewed as "normal." Possibly they believed changing me to heterosexual would save my soul and I would be free from eternal hell-fire and damnation.

I am also confident my parents desired to escape being ridiculed and shunned themselves if my secret got out. Their words to me, "You're a business risk," and I ought to "Go live at the Y.W.C.A.," revealed their concern about how my being gay would look to their business associates, friends, and church congregation.

My parents, like people who are taught the Bible is the absolute and infallible word of God, were instructed to believe being gay is an intentional

choice. Someone who is gay, it is commonly believed, deliberately chooses to sin against God. It is also believed we recruit people to our gay lifestyle: another untruth.

Early in life I found out, as many of us do, two places intended to provide an accepting, loving, and supportive haven—my Christian church in Texas and my home—actually did not. The adage Love your neighbor as yourself only seemed to apply if the neighbor, or child, met a list of specific criteria. I did not meet those conditions because I was not heterosexual.

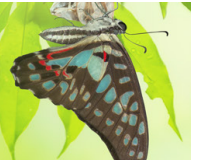
After a horrible and unproductive ten days in the psychiatric hospital, I was released. My parents went with me to a follow-up appointment with a psychiatrist. I will never forget the look of disappointment on their faces when the doctor explained to them he could not change my sexuality. "Like so many aspects of our uniqueness," he said, "human sexuality is not a choice one makes." There would be no praying or converting the gay away. What he would do is help me learn to accept myself in a world that does not.

Halleluiah! For the first time ever, I felt acceptance and compassion. And it came from a complete stranger but his support allowed me to gain a small sense of self-approval. I began to think I might be worthy of love after all. The inner turmoil did not permanently resolve, however, as a result of this one confirmation. Attempting to fit into Christianity, and society in general, when I was deemed unworthy, became a recipe for anger, self-hatred, and emotional chaos.

I had no clue how to navigate the straight world as a gay member of our human family. I did not know how to love Jesus when my Christian religious experience told me God hates gays. I could not understand, at the time, why my parents, or anyone who professed to love an accepting Jesus, could shun me for being different.

For many years I stayed infuriated with and estranged from my family. I loathed them for rejecting me and for sending me to a physician who had the appalling reputation of molesting his patients. I detested the doctor, and men in general, for objectifying, abusing, and dominating women.

How to Uncover Who You Really Are & What You Want From Life



I was emotionally devastated by the illogical and holier-than-thou reasoning of those who defended their condemnation of my sexual orientation, when Jesus himself did not say anything on the subject. The mixed messages I received, and the recurring question of why none of the adults in my life was confronting those contradictions, was crazy making. Warring against me and other people is not aligned with what Jesus taught. He would also not excuse my warring against people who judge me. As a result, I suffered under the heavy burden of resentment and confusion—a weight so massive it almost made me give up on life. But I did not give up.

Instead, I questioned my parents' motivation for taking the actions they did. I realized their desire to change me into what they, society, the Church, and Christianity considered normal was driven by fear. No matter how much my parents believed they were loving me, we do not love one another through insensitive fear. We can only love one another with our sensitive heart; the soul we are.

**Isn't the reason for life to develop honest connections with one another?
Isn't it connection that gives life meaning?**

I am deeply blessed to share a happy ending to this part of my story, as Mom and Dad are now two of my biggest fans and best friends. Faced with the truth of who I was born to be, they eventually came to a place of unconditional love by bravely questioning their beliefs. When they did, they found love to be stronger than fear. What other people or the Church think of me is no longer important to them, as they know my integrity through the honesty, kindness, and responsibility of my words and actions.

My parents always cared for me. They simply had no clue how to accept me while also following their religious convictions. They seem to be at peace with this. The only thing I now feel from them is complete and unconditional love.

Upfront I am being honest when I say it is not easy to do what you know is right and best for you. First, you have to accept yourself for who you are. Second, being true to yourself often means intentionally going against what everyone else believes. But I guarantee, staying true to your values, goals, and inner self is worth whatever

sacrifice is necessary. I know from experience the only way for you to find true fulfillment, peace, and self-respect is by being true to you. Which means supporting yourself even when no one else will.

It was hell growing up with a secret of being gay. We all have secrets we do not share for fear of being ridiculed. It seems there is always a reason, secret or not, for being picked on and bullied by others. Red hair, freckles, a physical handicap, who our parents are. Our height or weight. The color of our skin. Or our gender. Our sexual orientation. The list is endless of how children learn, from adults and one another, to treat others badly. Being picked on for having red hair, or a limp, or being born with dark skin always felt about the same to me as being hated for being gay.

When we are picked on by others, we often turn the ridicule and lack of acceptance inward. Living with the self-persecution and judgment being shoved down my throat caused me to hate myself. I was furious because being gay was not a choice I made to go against everyone and God. No one makes a choice to suffer so, especially a young child.

The self-hatred got so bad I considered killing myself. I thought life too painful to continue. Yet, something within me would not give up. I just could not let hate win. So to continue living, I had to make the choice to remain true to myself. Which meant I had to go against everyone, including the God I was taught to believe in.

It was not easy. For too long I had to pretend to be something I was not. I hated feeling so alone. I hated not being able to just be open about who I was born to be. Being gay was only a small part of who I was. But this one difference seemed the most important aspect about me to everyone else.

Yet, there was so much more to me, such as my love for animals and being a kind person. I cared for all life. I was great in sports, and when picked by the teacher to be team captain, I chose the awkward kid who was always chosen last. I did so because I knew how it felt to be different, uneasy, and shy. As a young child I somehow figured out love does not judge. Love feels the pain of others. Love respects difference. Love supports others.

To save myself, I had to choose to go against what everyone in my life told me I should be. The choice

How to Uncover Who You Really Are & What You Want From Life



I made to stay true to myself resulted in losing my family for many years. I did not emotionally return for a long time. I needed space to become strong on my own. I needed time to learn how to love myself without seeking the validation of anyone else.

You and I were born different. Only you know what is right for you. Maybe you are gay. Maybe you like accounting when your parents, grandparents, and great grandparents were all doctors. Maybe you want to marry outside your religion. Or maybe you want to marry someone who is outside your ethnicity.

From my experience, you will not be fulfilled if you go against what you know in your heart is right for you. Please know you were made unique so there is no benefit to selling yourself out to please other people, to prevent the boat from rocking, to make nice, or to prevent upset. If you do you will not be content or at peace.

It is important to know love does not control others. Love does not condemn or attempt to change others to fit some standard. Love does not judge. God is not hateful, judgmental, or desirous of your suffering.

Today I accept being gay is not important to who I really am. Yes, it is a part of me, but the most important aspect about me is how I behave. Each day I strive to be accepting, kind, compassionate, and responsible. This is who I choose to be as a gay woman.

The reason for your life is to strive to be the very best person possible. To be kind, compassionate, responsible, and understanding. To not judge but accept others as you want to be accepted. To treat others as you want to be treated. To love others as you want to be loved. Your contentment, peace, and self-respect come from being a person of admirable integrity. Being the best person possible often requires going against what others feel or believe is right for you.

Maybe your parents thought it okay to steal, or to cheat on their taxes. But you began to notice your parents were not peaceful from always looking over their shoulder for the payback they feared was coming. So you choose to live a different way. You choose to be honest. Your parents will not understand why you are being different. If your goal

is to be an honest, responsible person, then you will have to go against what you were taught to stay true to what you know is right for you.

Do not let other people tell you who you should be. Listen to those who want you to be your unique self. Listen to those who encourage you to be the best person possible — a person of honest, kind, responsible character. Listen to your heart and stay true to who you are.

In addition to the questions at the end of this written guide, take time now to think of an instance when you went against what you know is true and right for you. Maybe you dated someone who is completely self-absorbed because he is rich and handsome? Or you ate a second piece of cake after promising yourself you wouldn't? Or you did not speak up against abuse for fear of losing the relationship?

Being true to yourself may mean losing people in your life. I understand, but I also know unless I remained true to me, I would not have gained the respect and loyalty of those people I truly value, including my family. It took years, and today I still have to remain strong against those who continue to condemn me for being gay.

I no longer care what anyone who justifies hating me thinks about me. They are not qualified to judge because gay is all they see when this one aspect is not who I am. The truth is, anyone who wants you to be who they want you to be is not really loving you. They have confused love with control. Love encourages difference and supports others as it wants to be supported.

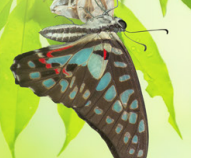
Defining who you are means remaining true to yourself. Doing so also gives other people permission to be true to themselves, which helps put an end to unhealthy competition.

Healthy Competition Is Good for Your Soul

Do you compare yourself to other people? Do you compete with them?

I used to, until I had a life-changing awareness when I was looking through a fashion magazine while waiting for a doctor's appointment. I flipped through the pages looking at the thin models

How to Uncover Who You Really Are & What You Want From Life



with seemingly perfect skin. For a brief moment, I thought how wonderful it would be to be young again with a perfect body, skin, hair, nails, teeth, and gorgeous looks.

Then I woke up and realized what I was doing. What in the world are you thinking, I sort of half-screamed to myself, inside my head, of course. Old patterns die hard, don't they?

When we realize we are each born unique we wake up to what a joke it is to even entertain the notion we should be like another person. Although you have heard this before we are indeed like a fingerprint or snowflake. We were designed to be individuals unlike any other person on earth. At no time in the past or future will there be another Regina. At no time in the past or future will there be another you. So what in the world would you and I be doing to ourselves if we bought the lie we should be like other people, should look a certain way, or wear a certain size, or marry a certain person, or make a certain amount of money – or, fill in the blank.

I think we grow up comparing ourselves to and competing with others. Was I as pretty as the other girls? No. Was I as smart as other people? No. Was I as clever, funny, popular? No. It seemed in every area where I compared myself to others, I fell short.

Even though I was taught to compare myself to others through television advertising, peer pressure, teachers, and my parents comparing me to my sister, it did not feel good. Was life really supposed to be a competition with other people? How could this be the goal of life when I was not like other people? I am me, a unique individual.

Looking at those rail-thin models in a fashion magazine, comparing myself to them, felt bad. I felt less than some ideal height, weight, and look. I felt unattractive which led me to feel unworthy. Comparing myself to anyone always leaves me feeling negative. Even when the comparison makes me think I am better, more attractive, smarter, it still leaves me feeling bad. Maybe I am smarter than another person, but my intelligence does not make me better.

One of the most empowering actions I take is refusing to compare myself to or compete with others in the unhealthy ways. Today I work hard

to only compare and compete with myself in a healthy way: to be a better person today than I was yesterday. I am focused on supporting people to be their unique selves and to achieve their individual goals, just as I want to be supported in achieving my goals and to be accepted for who I am.

Imagine how our lives will change, and those of our children, friends, family, co-workers, when you and I refuse to compare or compete with one another. Sure, team sports can help build self-respect, cooperation, good sportsmanship, motivation to excel, and the drive to be better through practice and hard work. But placing ourselves up against other people as a way to gauge our worth and value is unhealthy and only leads to feelings of inadequacy and frustration.

Refuse to compete with anyone on looks. You and I are beautiful as we were born to be. We can take care of our looks through rest, diet, and exercise. We can take good care of our skin through vitamins, moisturizers, sunscreen, and not eating sugar and processed foods. We can look our best as we were born to be. So it is healthy to compete with ourselves to take good care of ourselves to honor our individual looks.

The same is true of competing with anyone on weight. The goal is to feel good in your body. The goal is to be healthy. You and I are not meant to be the same size. We are meant to respect and honor our bodies through eating healthfully, exercising, not using food as an excuse to stuff our emotions, or feelings of unworthiness or shame, or to reduce boredom. We are to compete with ourselves to find the healthy weight for us, to maintain our desired weight, and to do whatever it takes to keep our body in optimum condition.

Also, refuse to compete with anyone on money. Set your financial goals based on what you deem successful. Some of the richest people I know are the poorest as far as integrity and fulfillment. And, some of the poorest people I know are the richest in terms of satisfaction, generosity, and joy. Being true to you requires you to compete with yourself to be financially responsible by refusing to surround yourself with stuff in an attempt to make you feel whole. Things do not ever fill the holes within our heart. Only self-love and respect do.

How to Uncover Who You Really Are & What You Want From Life



When you refuse to compete with anyone on anything you are honoring the truth: you are distinctive among all other human beings. You are respecting the fact you have been specifically designed to be yourself.

When you allow your uniqueness to shine without comparison or competition, you will be most fulfilled. Be proud to be you! Appreciate you are the only one of you there is or ever will be. Work to be a better person today than you were yesterday; a healthy competition that is good for your soul.

Start now by learning to pay attention to how you compare yourself to others. Each time you find yourself going down the “I am not as good as,” or “I am not as pretty (or smart, or funny) as” road, stop yourself. Intentionally end your ego’s competition and comparison. Turn your attention to how you are unique and valuable as you are. If there are negative aspects about your behavior you want to change, get busy competing with yourself to stop smoking, overeating, being codependent, spending without responsibility — whatever makes you feel less than.

You have the power to change anything about yourself you want to. First, make a list of what you want to change. Second, choose one item from the list. Third, make the decision to do whatever it takes to accomplish your goal. Fourth, do not give up and refuse to compare yourself or compete with anyone – even if you have a friend who is doing the same thing, like losing weight or quitting smoking.

You are an individual. Your body, metabolism, or addiction level is different than your friends’. Do not go down the “she is losing faster, stopping faster, etc.,” road. Support one another so you both accomplish your goals. Refuse to compete with one another. Compete with yourself and support her. Healthy competition is good for your soul. When you only compete with yourself, you can define what success truly means to you.

You Are a Success When You Say You Are Successful

What does being a success mean to you? Have you thought about it?

For many years I went along with the idea of success other people tried to impose on me.

I went to junior college and got an associate’s degree. Then on to a university for my bachelor’s. I continued my education and got a master’s degree.

Today I can honestly say I am grateful for my formal education. On this side, I can see how pursuing knowledge has made me a well-rounded person. But a formal education alone did not ever make me feel like a success.

I had great jobs, and with some of the jobs came a big corner office. But my life was so busy with work my relationships suffered. I had no time to play or spend quality time with my partner, friends, and pets.

I got the nice house, fancy car, and stylish wardrobe. Even though I had a good well-paying job, I spent way beyond my means. What I wore, what I drove, where I lived became more important than being financially responsible.

I grew up with family, television, and advertisers telling me surrounding myself with things is what it means to be successful. So I blindly followed the crowd. I attempted to keep up with an unrealistic standard of what it means to be successful, as defined by other people.

Honestly, would you consider someone a success who is \$35,000 in credit card debt? Someone who could not afford regular health check-ups, dental examinations, or visits to the vet for her pets? Would you think I was successful when I could not afford to take a vacation? Someone who lay awake at night in a panic from fear of how I was going to pay off all the debt?

I am now debt free. I paid all of the \$35,000 back. It was important for me to do so, because assuming responsibility for my actions taught me what it really means to be successful.

We live in a consumerist world that deems us successful when we attain wealth, honors, notoriety, a big house, big car, excellent education, and other things. If we wear a certain size, drive a certain model luxury car, live in a certain neighborhood, etc., we are considered a success. But things, titles, and neighborhoods are not who we are.

Things do not feel. Things do not provide genuine validation of who we are. Things do not establish

How to Uncover Who You Really Are & What You Want From Life



us as people who are truly admirable. Things are sold to us by people who are in the business of selling things. Merchants attempt to dictate what we think it means to be successful based on the items they sell.

The same is true of fashion and what size we are supposed to be. But what if we do not fit the mold or model of their standard? Are we a failure? We are led to believe so.

Defining what success means to me was one of the most important acts of self-love and respect I undertook. Why? Because it helped me understand loving and respecting myself have nothing to do with what other people think of me. It took time to realize it was a lack of self-love and self-acceptance that caused me a great amount of suffering.

There was a time I was codependent and craved the validation of other people. But never once did I feel validated by other people. They could shower me with praise, but as long as I doubted my own worthiness, all the praise and validation in the world did not make a lasting difference. Only when I

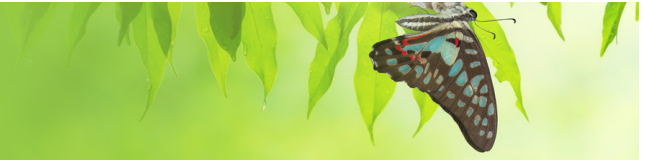
began to feel worthy could I accept the praise of others. Meaning, I had earned feeling worthy.

Success is a term with no real meaning until we take time to determine what it means to us. Today I am successful, not because other people tell me I am or because I have attained wealth, honors, degrees, etc. I now know lasting feelings of satisfaction and worthiness are based on what I offer, who I am, what character values motivate my behavior, and what I leave as my legacy. It is certainly okay to have money and to purchase things, but true success cannot be purchased. True success comes from feeling worthy for simply being ourselves. Feeling successful comes from being responsible for each area of our life and working to achieve the goals we set for ourselves.

Love yourself by taking time to define success for yourself. Refuse to believe anyone who says you are a success only when you have achieved their idea of accomplishment. You will not be fulfilled working for the goals of someone else. You find inner peace and self-respect when you set your own standard of success.



How to Uncover Who You Really Are & What You Want From Life **Workbook**



To define who you are and what you want in life requires choosing how you want to be remembered. Not when you pass away and remain in the memories of those you leave behind. Nor am I talking about any intelligence, position, wealth, beauty, or power you may have over others. At the end of each day, how do you honestly, with your heart, want to remember how you are choosing to live?

How you want to remember yourself is the most important aspect of defining who you are. Because how you choose to live, through your behavior, expresses who you really are. Which means your actions and the words you speak. As well as your beliefs, your attitudes, and what you value. These aspects of yourself add up to create the legacy you are leaving each day.

So, are you proud of the memories you are creating of how you behave toward yourself and other people?

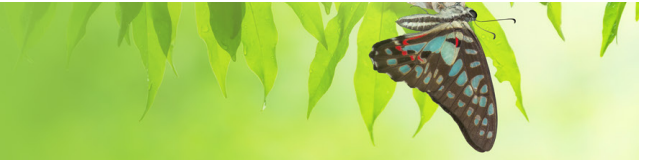
To determine if you are truly proud of the life you are creating, you must ask and answer some thought-provoking questions so you learn about yourself, what you value, and what beliefs and behaviors are currently creating your life. Honestly looking into your heart is not easy. Self-assessment can be a painful process, especially when the identity you have created or the identity created for you by other people clings for dear life in fear of change. However, with determination and self-love, through truthful self-assessment the attachment you have to who you believe yourself to be (ego) falls away. Your internal vision improves, and you see yourself through an expanded, clearer, more accurate heart awareness. Standing alone in front of the mirror of candid evaluation is how you gain a clear understanding of and respect for who you are now, so you can become the person you want to be.

Take time to reflect upon and honestly answer the following questions. Be purposeful and slow. There is no rush. If you truly want to know who you are and what you want in life, invest in getting to know yourself inside and out. By answering these questions honestly, you will begin developing self-intimacy through the process of self-assessment. When you are intimately honest with yourself, you can create a living legacy you are proud of and one for which you will be remembered fondly.

1. What negative things do you currently believe about yourself? (I'm fat, ugly, worthless, gay...)

2. Why do you believe limiting and negative things about yourself?

How to Uncover Who You Really Are & What You Want From Life **Workbook**



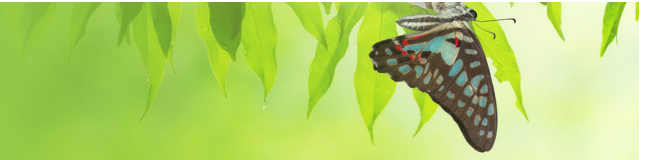
3. What would be the positive outcome from dropping the negative or limiting beliefs you have about yourself?

4. Are you accepting of who you were born to be?

5. If not, what actions can you take to feel worthy of being who you are born to be?

6. Are you financially responsible?

How to Uncover Who You Really Are & What You Want From Life **Workbook**



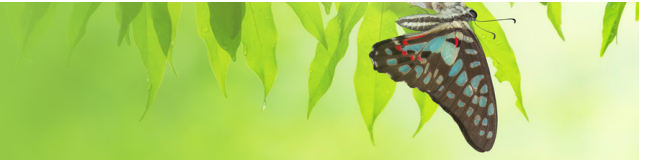
7. Describe the amount of financial security you want to achieve in your lifetime.

8. What are your top five relationship must-haves? Such as stability, friendship, honesty?

9. How important is having a partner and friends to grow with spiritually?

10. What activities do you want to share with your partner, friends, and family?

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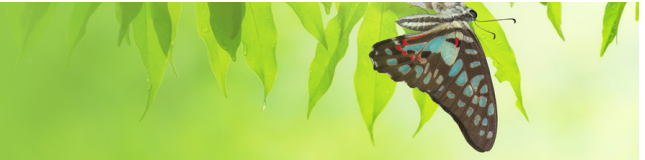
11. Describe how important it is to have supportive, respectful, and honest relationships.

12. List the character values (kindness, responsibility, loyalty, open and honest communication, etc.) you want in your relationships.

13. Are these character values a part of how you behave today?

14. What issues (co-dependency, fearfulness, dishonesty, blame, projection, etc.) do you need to work on so they don't enter into your relationships?

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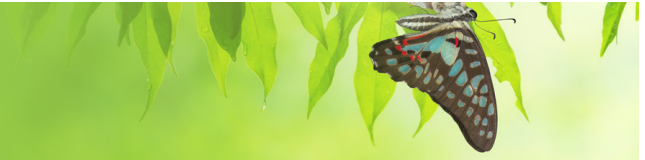
15. Have you achieved your educational/career goals?

16. If not, what are your plans to finish a formal education or prepare for your chosen career?

17. Describe your health/physical goals?

18. What are five negative behaviors (smoking, lying, blaming, gossiping, interrupting, impatience, etc.) you want to change.

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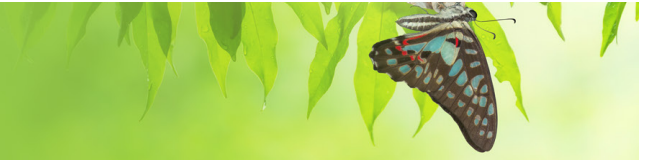
19. What positive habits will you exchange for these negative habits?

20. Overall how would you define successful relationships?

21. Describe how important it is to admit your faults with the goal of improving yourself for the better?

22. Do you consistently say what you mean and do what you say?

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23. How important are being honest and trustworthy to you?

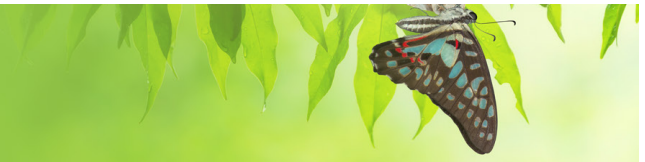
24. Do you stand up for yourself, remaining true to who you are?

25. If not, why not?

26. Are you afraid to set boundaries?

27. Do you accept responsibility for your actions? No matter the consequences?

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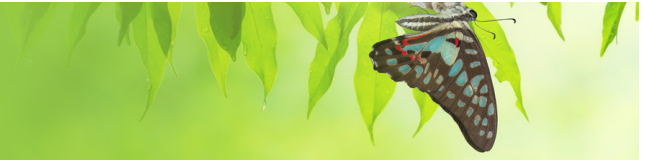
28. Describe how important doing the right thing, even when no one is looking, is to you.

29. How can you improve your communication skills? To speak to others as you want to be spoken to. To listen as you want to be heard, not interrupting, not finishing their sentence, etc.

30. Describe how important it is to your inner peace and fulfillment for you to treat other people and all life as you want to be treated?

31. List the ways you are living as you are proud to remember.

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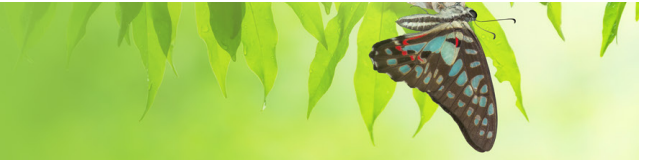
32. How do you currently compete with or compare yourself to others?

33. Describe how only competing with yourself will feel.

34. List some of the attitudes and beliefs about yourself, other people, religion, you have questioned.

35. Describe how it feels to respect yourself.

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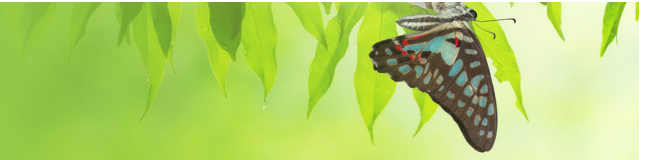
36. Describe how it feels to respect others.

37. Do you live in the present, past, or future?

38. Do you accept the reality of situations as they are?

39. Describe how life would improve if you grew your ability to concentrate on what is going on in the moment without allowing yourself to be distracted.

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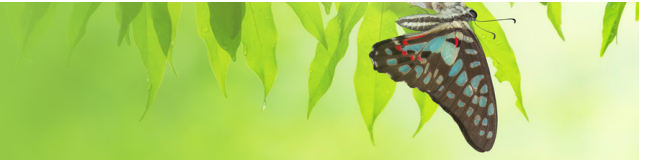
40. List the ways your relationships would improve if you made technology less important.

41. Describe a time when your inner knowing (gut) told you to take a certain action and you ignored it.

42. What negative happened as a result of going against yourself?

43. What did you learn about yourself as a result of not staying true to what you knew was right for you?

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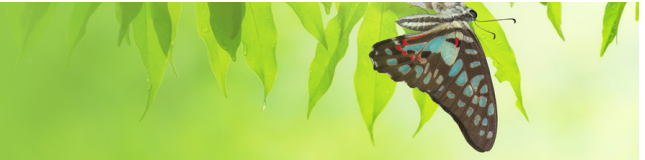
44. Describe a situation where you listened to and acted upon the higher wisdom of your heart.

45. List how it felt to trust your gut.

46. What are your fears?

47. Describe why you have these fears. What benefit or hindrance do they serve?

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48. Describe the positive benefits of thinking about the consequences of your actions before you act.

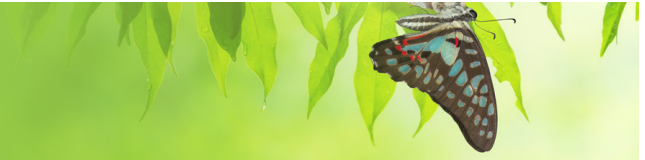
49. What are the ways you play?

50. Is your life filled with joy and laughter?

51. Make a list of how you currently use the 1,440 minutes of each day.

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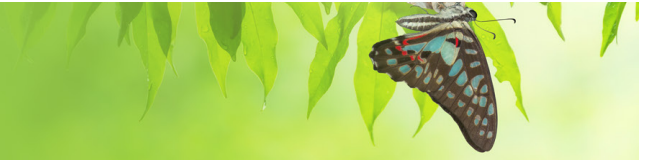
52. What actions do you take to reduce anxiety in your life?

53. Describe how you feel about yourself when your surroundings (home, office, garage, car, work space, pantry, closets, etc.) are clean and neat.

54. What are ten things you are grateful for?

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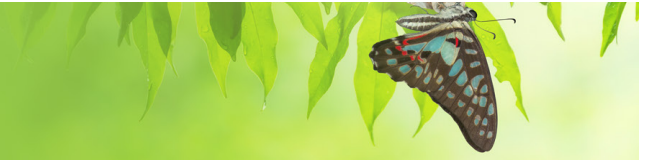


55. List the ways you give your time, money, and energy to help others.

56. Describe how it feels to be helpful.

57. Explain where and how you feel connected to other forms of life.

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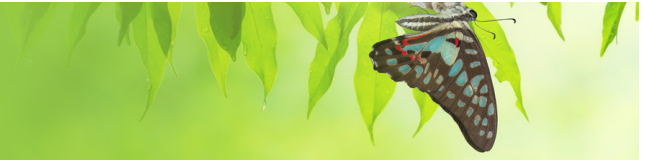
58. Where do you see yourself in a year, five years, and ten years?

59. If you were to pass away today, describe the overall impression you would leave in the minds and hearts of the people in your life.

60. What can you change about yourself so you leave the best memory in the hearts of others?

61. Are you kind, helpful, forgiving, trustworthy, etc. with yourself and others?

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62. Describe ways you continue learning about yourself and the world around you.

63. Describe the ways you are your own best friend.

64. What actions are you going to take to create the peaceful and fulfilled life you want?

65. List some ways you are helping make the world a better place.
