

Inner Selfie Snapshot

Bringing forward the best of your unique features and strengths

"In order to be irreplaceable one must be different." - Coco Chanel

The power of the writing can bring to surface thoughts we had long ago buried in our unconscious mind. By learning more about the person you have become you can allow the things you like the most about your inner self to come to life as you really stop to think about the person you have become throughout the course of your lifetime.?

Set aside some quite time to stop all other thoughts or activities to really think about the "who" of you. By taking a strong hard look at yourself through an inner mirror in answering the questions below it will allow you to see the you of yesterday and the you of today that will take you into your tomorrow's.

Remember there are no right or wrong answers to these following 12 questions. What is - is...open your mind to all that you are as you answer these questions. Keep your pen or computer keyboard moving and don't overthink the answers to these questions. Let your inner self do all the work on this one.

1. What standards for yourself do you hold with highest regard and insure stay important to you?

2. Do you enjoy spending time with yourself? If yes, what is your favorite thing to do during alone time? If you are currently not spending time with yourself why not?

3. How often do you engage in conversations with yourself and what do you talk about?

4. Do you talk gently with yourself, or are you critical allowing your Inner Critic to always have the final word?

5. What is your "glow" element? The piece of your personality that allows you to shine the most? This could be your sense of humor, your compassion, your ability to hear and be heard, your business sense, your craving for adventure...the list is long. List each one that applies to you.

6. Who are the people of your life that have assisted in the forming of your personality all along your way?

7. Who are the people in your life that mean the most to you, those people that hold a special place in your heart. Your heart after all shapes the "who" of you, doesn't it?

8. Of those people in question who is it that you could tell anything including your deepest and darkest secrets?

9. What makes you your happiest and brings you the most inner joy?

10. In thinking through the twists of fate throughout your life - which have changed your course the most dramatically to make you the person you are today?

11. List your top five Strengths that you have developed over your lifetime?

-
-
-
-
-

12. How often do you actually get to use these strengths?