Being Yourself

A Set of Exercises to Help You Identify What is Important to You & How You Want to Be & Live

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A. Values & Characteristics that I would most like to have

(1) Read through the list in the middle of the page, then write down which of the listed values and characteristics you would most like to demonstrate and embody in the way that you live (not necessarily in order of priority). The list is only a guideline. If you can think of something which is not on the list or if you would like to use a different word for what is listed then feel free to do so.

1. 

2. 

3. 

4. 

5. 

Appreciation of others  Artistic ability  Awareness of environment  Assertiveness  Balance  Being part of a community  Being in a team  Capacity to change & develop  Chilling out  Collaborating with others  Connecting with people  Creativity  Excitement  Financial Management  Family commitment  Freedom  Friendship  Fun  Generosity  Helping others  Honesty  Honour  Humour  Independence  Individuality  Intelligence  Integrity  Intimacy  Kindness  Learning from experience  Looking after myself  Love  Musical ability  Networking  Not taking myself too seriously  Organisational skills  Physical health  Physical fitness  Relaxed approach & attitude  Reliability  Religious life style  Risk taking  Self awareness  Self expression  Sensuality  Sexuality  Sharing  Solitude  Social conscience  Standing up for rights  Spirituality  Stability  Success  Understanding

(2) Give an example of a situation, event or incident in your life in which you feel you demonstrated one or more of your selected values or characteristics. Describe the situation below:
B. What Kind of Person Do I Want to Be?

How Do I Come Across to People?

Insert your own name at the beginning of the sentence then complete the rest of the sentence quickly:

‘[ ] is the type of person who ………………………………………
…………………………………………………………………………………
’

How Did I Used to Come Across to People?

Would people have given the same answer to the above question if asked it 2-3 years ago (or some other significant period)? If the answer would have been different, indicate what it might have been at that time by completing the sentence below, inserting your own name at the beginning of the sentence:

‘[ ] used to be the type of person who ……………………………
…………………………………………………………………………………
’

What Kind of Person Do I Want To Be?

Now think about the type of person that you would like to be – this may be similar to one of the above statements or on the other hand it may be something completely different! Complete the sentence below:

‘I would like to be the type of person who……………………………………
…………………………………………………………………………………
’
C. Epitaph

Imagine that someone is writing your epitaph. What would you like them to write?
(If possible write 1 sentence only. In any event, no more than 5 sentences maximum)
D. My Achievements and Characteristics

D.1 Family & Friends’ View

What would your friends and family say were:

(1) Your achievements &
(2) Your main positive characteristics?

Make a list of their views below:

Family & Friends’ View of My Achievements

Family & Friends’ View of My Positive Characteristics
D (cont…) My Achievements and Characteristics

D.2 My View

Is there anything you would like to add to your Family & Friends’ View of your Achievements & Characteristics, which other people might not know about or might not think of as achievements or positive characteristics of yours, but of which you are proud and would like to include on the list? Is there anything you would remove from their list?

Rewrite the list to take account of these changes and put the achievements and characteristics that are most important to you at the top of the list:

My View of My Achievements

My View of My Positive Characteristics
E. My Aspirations

Ideally, bearing in mind the kind of person that you want to be as described in Sections A to D, what would you like to achieve in the next 5 or 10 years? What are the main characteristics those achievements would exemplify for you? Write them out below.

My Aspirations

My Future Characteristics