

"WHO AM I?"

Step 1: Your Identities (10 minutes)



Complete this chart to help you bring to consciousness all your personal, social, cultural, and role identities. Reflect on each one and check the top 3-5 identities you believe are most essential or meaningful to you.

<p>PERSONAL IDENTITY <i>(qualities that make you unique from others, such as goals, interests, values, habits, talents)</i></p>	<p>SOCIAL IDENTITY <i>(qualities that unite you with others, such as race/ethnicity, gender, age, sexual orientation, religion, national origin, political or other group affiliations)</i></p>
<p>CULTURAL IDENTITY <i>(shared characteristics or experiences of a group of people, such as place of birth, language, food, music, and customs)</i></p>	<p>ROLE IDENTITY <i>(roles you have, such as son or daughter, mother or father, wife or husband, friend, student, teacher, manager, etc.)</i></p>

Step 2: Self-Inquiry (15 minutes)



1. Find a quiet place where you won't be disturbed.
2. Set aside approximately 15 minutes.
3. Approach the exercise with an open heart.
4. Take three deep breaths to slow down your mind and be open to what comes up.
5. Ask yourself silently or aloud: "Who am I?" Don't overthink it. Notice what comes up.
6. After you receive the answer (likely your first answers will relate to one or more of the identities), accept it without judgment or explanation.
7. Then, ask yourself silently or aloud: "If I am more than that, then who or what am I?" Again, accept what comes up for you.
8. If the ego interferes to distract you or make you question the exercise, let those thoughts pass.
9. After you receive the next answer, ask again, "If I am more than that, then who or what am I?"
10. Continue to receive the answer that comes up and repeating the question, until you feel the deepest connection to your answer. Once you reach that point, say to yourself, "I am _____" (using the last answer you provided).

1. Who am I?

I am _____

2. If I am more than that, then who or what am I?

I am _____

3. If I am more than that, then who or what am I?

I am

4. If I am more than that, then who or what am I?

I am

5. If I am more than that, then who or what am I?

I am

6. If I am more than that, then who or what am I?

I am

7. If I am more than that, then who or what am I?

I am



I AM:
