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**Worksheet: Finding The Real You**

**Step 1: Who you want to be.**

In the left-hand column of the table below, list the characteristics of who you want to be. Close your eyes for a moment, take a deep breath, open your eyes, and write down what words come into your mind when you ask yourself: “Who do I want to be?”.

For example: Positive, confident, determined, focused, happy, calm, funny, compassionate…whatever comes into your mind, write it down.

You now have a definition of who the real you is.

**Step 2: Who you are currently.**

In the right-hand column of the table below list who you believe you are on a regular basis. Think back over the last seven days and think about the events that happened and remind yourself how you handled those events and how you felt experiencing them.

For example: Perhaps you had a conversation with a colleague, and you became frustrated or lost your temper. So, in this example you’d write down ‘frustration’ and maybe ‘anger’. You should also hopefully write down some of the characteristics of the person you want to be.

So, go ahead and list what comes up for you.

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| --- | --- |
| Who you want to be: | Who you are currently: |
|  |  |

**Step 3:** **Bringing more of the real you forward.**

Looking at the list of characteristics in the left-hand column of the table on page 1, identify those characteristics that you’d like to experience more often and write them down in the ‘What I want to experience more of’ column in the table below.

Then for each characteristic think about what you could do to experience them more in your day-to-day life and list them in the ‘How I could do this’ column below.

For example: If you listed ‘Calmness’ then a good option could be to meditate for 15 minutes, 5 times a week.

If you listed ‘Confidence’ you could bring this topic to your next coaching session to explore with me.

If you listed ‘Presence’ you could re-watch the ‘Being Present’ video in this module and practise the exercise that I take you through.

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| --- | --- |
| What I want to experience more of: | How I could do this: |
|  |  |

**Step 4: Removing the characteristics that you don’t want.**

Looking at the list of characteristics in the right-hand column of the table on page 1, identify those characteristics that you’d like to experience less of or even remove entirely and write them down in the ‘What I want to experience less of’ column below.

For example: Moodiness, frustration, jealousy, anger, fear etc.

Now think about what you could do to reduce or remove the occurrence of each characteristic.

Write this down in the ‘How I could do this’ column.

For example: If you listed ‘Frustration’ you could take a few deep breaths the moment you feel frustration showing up, before you say anything.

If you listed ‘Fear’ you could re-watch the ‘Changing State’ video in this module and create a triad to help you to change fear to confidence.

You can of course bring any other characteristic to your next coaching session for exploration with me.

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| --- | --- |
| What I want to experience less of: | How I could do this: |
|  |  |

The more you practise and focus on bringing the real you forward into your day-to-day business life, the more you’ll experience being your authentic self.