

Pondering Point

Sometimes we get caught up with the idea that where we live and what we do for a living defines us. Actually this is how the outside world may see us. Who we truly are is what is going on inside. Why does who we are on the outside seem like such a such a big deal? It is because who we are inside affects how we represent ourselves. While there are times we may have to *temper* our true self to better relate to others, we don't have to change who we are.

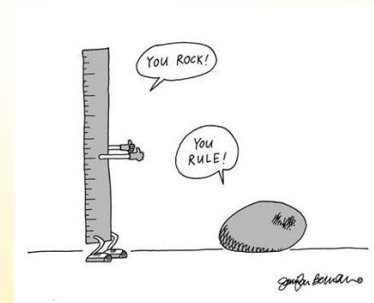
To get to the bottom of the great mystery of "Us" – we begin by asking questions. At first, the questions may seem superficial. Over time, as we strip down to the very core questions, we begin to find out our true inner-workings.

After we get some answers to the core questions of "who we are," we will want to value and celebrate that. There is an aspect of integrity here. Being comfortable with our true self will make us able to be who we are on the inside and outside, allowing us to be more present, feel better about ourselves and ultimately be more successful.

Put simply, valuing who we are adds value to everything we do.

Who do you THINK you are?

What makes you who you are?



Imagine... knowing and accepting who you truly are on the inside, not only how you appear on the outside.

— From Pondering to Practice —

Activity

Choose someone you feel comfortable with and...

Try This → The Five Whys

- Ask the person a question about themselves – for example: *"If you could move to any part of the world, where would you go?"*
- Follow up by asking, "Why?"
- After the person answers, follow up with another "Why?" and continue the pattern three more times.

This will help get to the real reasons behind who the person is and why they answered the original question the way they did. Switch places and try it again with another question!

Self Reflection Activity

The really precious stones can be hard to find and are rarely at the surface.

Try This → Soul Mining

- Start by asking yourself a question you believe speaks to the kind of person you think you are. For example: *What kind of people do I like to be around?*
- Based on your answer, build a second question. For example: *Why do I like being around _____ people?*
- Continue to build new questions from the answers you give before it. You do not have to stop at five questions, you can continue for as long as you wish.

This may help you find out something new about who you really are.

"Only by much searching and mining are gold and diamonds obtained, and man can find every truth connected with his being if he will dig deep into the mine of his soul."

- James Allen, *As A Man Thinketh*