

# Personal Reflection Exercises...

## I Am Discovering the Real Me



### I am discovering the REAL me.

I understand that the authentic me, over time, became buried under a lifetime of conditioning. I know that my upbringing, society, media, and all other forms of input have shaped me to be a certain way; a way that has become different than God's original design of me.

I am learning who I really am. Through exploration and getting to know my innermost parts, I am connecting with the 'me' that God created. I see the beauty and potential he created me to have and express.

I am learning that fear has greatly contributed to me not stepping into the roles I know I was meant for. My conditioning had led me to lose faith in my own abilities and I had stepped away from the truth. I allowed self-doubt and worry to overshadow the potential with me.

The truth is that I was created in the image of God and that image is strong and powerful. I am always guided by my creator and all that is required of me is to commit and step up even while in fear. When I do that, God shows up to guide me to the next.

And so I am allowing myself to take greater risks, opening up to new opportunities knowing that the TRUE ME is much stronger and more capable than I ever gave myself credit for.

And as I say yes, to the things that used to frighten me I feel guided by people and circumstances around me. I know God is aligning the things I need in order to succeed - and so I will.

### **Self-Reflection Questions:**

- 1. What conditioning, beliefs, and past experience have shaped who you are now?**
- 2. WHO would you be if there was NO fear, NO doubt, NO worry?**
- 3. How more aligned to God's vision of you would THAT person be?**