

The Thinking Room

Life Coaching

Who am I?

Thinking carefully about the questions below will raise your self-awareness and your self-esteem – take care to talk *honestly about yourself!*

1. Write a paragraph about yourself in the third person, e.g. 'Jan is....'
2. Think of a word that would most sum you up
3. Do you have any sayings that guide your life, e.g. 'It'll all work out in the end,' or 'I never have anytime to do it!' etc
4. How much, or not at all, do you believe in fate or destiny?
5. How much do you rely on the advice and opinions of others?
6. Who are your role models? If you don't have any, think hard about who they might be, it could be a friend

