

Reconnect With Yourself

Answering the Question “Who Am I?”



If the question “*Who am I?*” stops you in your tracks because you don’t know the answer, you’re in the right place!

Here are two exercises designed to help you pause, reflect, and rediscover your authenticity and identity—beyond the expectations and roles you’ve taken on (moms, I’m talking to you!).

Get ready to gain clarity on what feels true to you right now and take the first steps toward a more fulfilling version of yourself!

Hi! I’m Greta, a therapist passionate about helping busy, high-achieving women rediscover and prioritize themselves beyond the roles, expectations, and “shoulds” of life.

In 2020, I began crafting my favorite therapy techniques into digital resources that can be delivered straight to your inbox, making self-help and mental wellness effective and accessible. This is your official “**Welcome to the Club!**”

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Who Am I Now?

This exercise helps you take stock of your current identity. It's not about where you've been or where you're going—it's about who you *are right now*. Reflecting on your present self helps separate your true identity from others' expectations or those of society.

ACTIVITY: Mirror Reflections

Stand in front of a mirror and take look at yourself, non-judgmentally and with kindness.

Ask yourself the following questions:

Who do I see?

What adjectives come to mind?

What roles or labels am I carrying today?

Now, grab a journal or notebook, take some quiet time for yourself, and use the following prompts to reflect on the exercise:

- What parts of my current identity feel most authentic to me?
- What parts feel like they were assigned to me by others (family, culture, society)?
- If I could let go of one role or expectation, what would it be and why?



Authenticity: A Self-Inventory

If I asked you, “What’s your identity?” and you aren’t even sure where to begin, this exercise is a great way to start opening up the conversation! Use this checklist to reflect on what aligns with your true interests and passions. Check off what resonates, and add your own ideas as needed.

Hobbies & Interests

- | | |
|---|---|
| <input type="checkbox"/> Reading for fun | <input type="checkbox"/> Exploring nature |
| <input type="checkbox"/> Trying new recipes or cooking favorite meals | <input type="checkbox"/> Learning something new (skills, hobbies, etc.) |
| <input type="checkbox"/> Creating art (drawing, painting, crafting) | <input type="checkbox"/> Writing (journaling, poetry, storytelling) |
| <input type="checkbox"/> Playing or listening to music | <input type="checkbox"/> Playing games or doing puzzles |
| <input type="checkbox"/> Dancing, yoga, or other movement | <input type="checkbox"/> Other: |

Dreams & Aspirations

- | | |
|--|--|
| <input type="checkbox"/> Traveling to new places | <input type="checkbox"/> Starting a new career path or passion project |
| <input type="checkbox"/> Starting / finishing a creative project | <input type="checkbox"/> Reconnecting with an old hobby |
| <input type="checkbox"/> Building a routine that prioritizes self-care | <input type="checkbox"/> Volunteering or giving back to community |
| <input type="checkbox"/> Taking a class or workshop | <input type="checkbox"/> Other: |

Self-Expression

- | | |
|---|---|
| <input type="checkbox"/> Wearing clothes that feel like “me” | <input type="checkbox"/> Sharing my talents with others |
| <input type="checkbox"/> Decorating my living space to reflect my personality | <input type="checkbox"/> Speaking openly about my thoughts & feelings |
| <input type="checkbox"/> Trying new hairstyles, makeup, or accessories | <input type="checkbox"/> Choosing music, art, or books that resonate with my identity |
| <input type="checkbox"/> Other: | |

Inventory Reflection

- Which areas have the most checks? What does that tell you about your authentic self?
- Which unchecked boxes excite you? How can you take one step toward exploring them this week?

Wrap-Up

Rediscovering your identity can feel overwhelming at first, but it's also one of the most rewarding journeys you can take. When you know who you are at your core, life becomes more meaningful - and honestly, more fun!

Through reflection, exploration, and creativity, you've begun uncovering the layers of what make you you. If you've enjoyed this process, you'll be glad to hear that there are plenty more opportunities for you to dive even deeper!



Curious about your values?

Feeling inspired to keep exploring what you want for your life? Get my latest guide **From Values To Action** will help you identify what truly matters in your life, empowering you to make decisions and set goals that feel authentic and fulfilling!

Yep, I need this.

Is your journaling feeling flat?

Want to take your reflections to the next level? Start journaling in a more meaningful way with my **Journaling That Actually Works Guide**, packed with clear-cut steps, journal prompts, and exercises to help you take your journaling practice from a "Dear Diary" approach to *real* reflection!

Check it out!

Perfectionism getting in the way?

If you feel like you have to get everything just right for you to feel confident in embracing your true self, sign up for my brand new **Perfectionism Course Waitlist** that will help you break free from the pressure and embrace your authentic next steps!

Count me IN!