

How do I build a solid foundation of “me”?



We'll start with a few questions to consider:

- 1) What makes you who you are?
- 2) What do you want to get out of this world?
- 3) What do you want to *bring* to this world?

I'll encourage you to take some time to really think about these questions. Sit with them for a few days, if you need to.

Next, distill these answers into three words. Yep, **three**. Just words, not phrases or explanations. This is important. It's challenging, and can take some thought and work to whittle it down to just three. No exceptions though, just three.

When you come up with your words, check in and see how they “fit”. How do they make you feel? I've had multiple clients be able to come up with two words and struggle with the third. I've had clients come up with words that left them feeling horrible or sad - these words were things they were striving for, and hadn't yet become “who they are”. That's okay, it's a new exercise and it'll take some time to find the ones that fit you. Keep going. A client said it best when they hit upon the words that were true, “they feel like home”. That's the feeling you're looking for when you uncover your three words.



As an example, my three are:

- Freedom
- Connection
- Exploration

Now, the easy part (ok, *easier*). Define what these words mean **to you**. Not from the dictionary, and not what society may hold as a generally agreed upon definition. What do they mean to your head and your heart?

These three words, the essence of who you are and what give and take you have with the world, form a foundation of self.

Your words may shift or change as you think about them. That's okay, and totally normal. Heck, one of my three changed about six months after I first did this exercise. Once I hit upon the words that felt right for me, I was able to use these words as a lens for life. What fits for me? What doesn't? It's become much easier to say yes or no to various opportunities and options, because I know better what feels like "me" as things arise in my life. My hope is that you'll experience something similar.



Wishing you grace and compassion,
Tress
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