

List what you love.

This task can seem daunting because we often wait for others to tell us what they love about who we are. But below, I'd like you to **write out at least 10 things you love about yourself**. Another way to approach it, is to think of it as things you enjoy about who you are.

What brings you joy?

Sometimes we can move through life for many years doing things that make others happy or engaging in activities because it's tradition as opposed to doing so because **it brings us joy**. I would like you to **list 10 things that bring you joy**, ideally beyond what you do.

For example, for me these would include sunsets, beaches, fresh linen sheets, children, flowers, , walking, order/organisation, crockery & homeware and deep conversations. These has evolved over time and yours likely will to. But try below and with time, keep adding when you need to.

Name your strengths.

Another area we often shy away from on a quest for some false display of humility is explicitly naming our strengths. Below, **list out 10 strengths you have**. It could be things other people have told you but try to identify strengths you have observed within yourself. These could include things you're good at, like being empathetic, being fair, being patient, the ability to lead, or even the ability to infuse humour into a space (*aka being funny*).

Name your weaknesses.

In the same vein as what I mentioned above, don't shy away from this. Identifying it doesn't mean you need to fix it straight away. You can work towards this over time whilst being kind to yourself. **Below, list 10 weaknesses you can identify within yourself or that others (*who you trust*) may have pointed out to you.**

Ask interesting questions.

Isn't it funny how often, we are eager to ask other people interesting questions but hardly ever do so with ourselves? For example, when we are dating someone, or even at dinner with a friend, we have a range of interesting questions we ask them. Like their favourite things to do, or their travel bucket list, or even what motivates them...but when was the last time we sat to ask ourselves similar questions?

As mentioned before, this is something that should be continuous. You might ask yourself the same question a year apart and have a different response. **What are some interesting questions you can ask yourself? What are you often curious about within other people?**

Here are some that can act as a kick-starter:

- What do you enjoy doing?
- What's your favourite place to be?
- Where do you go for inspiration?
- When/where do you feel the most like yourself?
- What's a lesson you're grateful to have learnt within the last year?
- What countries would you like to visit next?
- What brings you comfort?
- What's your dream job?
- What's your pet peeve?
- What's an unpopular opinion you have?
- If you could have a billboard somewhere with a quote of yours, what would it be?
- What's your weirdest food habit?
- What are you currently worried about?
- Who was your favourite teacher growing up and why?
- What are your thoughts around _____? (*insert difficult topic here: e.g. euthanasia*)
- What's something that makes you feel the most fulfilled?
- What's one dish you would willingly eat for the rest of your life?
- How do you approach conflict?
- What are your love languages?
- What's the best thing that has happened to you this year?
- What confuses you the most about the opposite sex?
- What's your attachment style in relationships?
- What do you value the most in friendship?
- What are five values you have?
- What misconception do people often have about you?

I could go on and on but you get the gist. Have fun with it. Allow it to be uncomfortable when it is. Either way, approach yourself with curiosity as you answer.

Analyse the past.

This is a really interesting exercise I heard someone speak on.

The goal here isn't to dwell on the past but instead to use the analysis of it as a tool to better understand yourself & who you have become as a result of your experiences.

Create some time to do this and make sure you tackle it in small chunks. **The task is to think back to events in your past and then list the lessons you learned as well as how it has affected you as a person.**

You can choose to do this by listing out major events from each year, as far back as you can remember - almost like you are creating a timeline. Or alternatively, you can just make a list of life events that stick out in your memory instead.

For example, during the Instagram live session, I spoke about an encounter I had with a friend of mine in secondary school which led me to believing that I couldn't trust girls and subsequently women moving forward. For years, because of the pain I experienced and the way I processed it, I avoided close friendships with women and eventually convinced myself that I just preferred guys. Through honest conversations with myself and exploring all the layers that came with that experience, I was able to identify how my thought processes had formed as a result of this as well as how it had shaped who I became.

It's deep work and can be challenging so I do encourage you to be patient with yourself as you explore. I often remind people that some of who we have become is as a result of the need to survive. Don't beat yourself up.

At some point, it's also healthy to ask yourself if who you have become as a result of these life experiences best serves you for where you are going. Based on your answer, you can then begin the work that's required.



I hope this has all been useful to you.

In no way does it encapsulate all the ways you can work to learn about yourself but I hope it serves as a catalyst for a journey of continuous self-discovery.

Remember to stay curious as well as kind to yourself.

Know that you are allowed to be a masterpiece and a work in progress at the same time.

Love,
Marbie