

## Day 5: Today's Lesson: You have to see yourself to know yourself

This is all about seeing yourself and knowing who you are.

Do you know who are you? On a scale of 1-10, how well do you know yourself?

“If you are searching for that one person to change your life, take a look in the mirror.” — Roman Price

Your sense of self is made up of several different factors. Your identity, your values and morals, your likes and dislikes, personality traits, beliefs, needs and desires.

Seeing yourself and knowing who you are helps you set good boundaries, helps you to make good decisions and allows you to live with more purpose.

When you don't know who you are this can cause high levels of stress, anxiety, you may be constantly looking to outside sources to tell you who you are, which may cause you put everyone's needs before your own. You may be disconnected from your feelings, you could become co-dependent or generally just feel lost.

There are many reasons why we may not see ourselves clearly or really know who we are.

When you don't have the experience as a child where you felt like you were seen, then it's really easy to suppress your own need for acknowledgement and this can leave you feeling invisible. As much as we would all like to blame our parents for not giving us what we needed, we have to be aware that they are human too and they did the best they could, regardless of what that looked like.

If you were made to feel bad in some way or your self expression was discouraged, meaning if people told you to be quiet a lot or you got the message you needed to be someone other than who you were, then it was safer for you to abandon who you were and find a way to conform so you could fit in or so you didn't get in trouble.

And by the way, feeling seen is a basic human need. In previous times, if your tribe didn't see you, there was a risk you'd be left behind and being alone meant death, so we have this engrained in our DNA, which we feel on some level.

We are in a different part of evolution and we now get to see ourselves. We can "look in the mirror" and do what we need to do to change our own lives. We can take back our power and we now get to treat ourselves the way we always wanted to be treated. That is our job now as adults to give ourselves a different experience than we had in childhood.

Now if you were able to express yourself as a child and you were encouraged to be who you were, without any shame or guilt, then you probably have a strong sense of self. When you know who you are, you are able to make better choices for yourself, you have better self worth, you can show up in relationships more authentically, all which will lead to more self love and a more fulfilling life.

It is a choice to decide to see yourself through your own eyes, to listen to your own voice, to discover more of who you are and to listen to your higher self.

So let's talk about your personality for a minute...Your personality is the part of you that is here on this planet having the experience and expressing all of who you are.

If you want to further dive into this, there are several different modalities of personality models that, if you feel guided, you can start researching to give you a deeper understanding of who you are.

There is something called the Enneagram model, there is Astrology, which is much more complicated than people really think, there's the Myers-Briggs test, the Human Design model and these are just to name a few. These models can give you a deeper look and understanding of how you operate and more of what your life purpose looks like.

To get to know yourself better you could also start exploring your shadow side, which is called shadow work. This focuses on the darker parts of you that are

hidden. To see yourself fully is to know all parts of who you are. When you look at and accept your shadow side, you become whole.

Now this doesn't mean that you want to live in the shadow all the time. The purpose of shadow work is to shine light on the dark parts of yourself so they can be exposed to the light. The best book I know for this work is called "the dark side of the light chasers" by Debbie Ford. It's important work and allows you to know all of who you are and helps you to heal your more primitive and negative traits.

Next let's look at some things you can do to see and know yourself better.

1. Know what your values are and live in alignment with them.

If you are someone that is concerned with the environment but you are drinking water out of plastic bottles that pollute the oceans, you aren't living in alignment with your values.

If you value honesty but you are lying to your partner out of fear, you aren't living in alignment with your values.

What are your values? Take some time to think about what they are. When you live in alignment with them, this contributes to a more purposeful life.

2. Spend time alone to do things you enjoy.

What are those things?

If you don't know, now is a good time to start to explore what those things are. I will make many suggestions throughout, take what resonates for you and pick one thing to start. You can always go back on a different day whenever you feel you need some inspiration and start exploring more. You could also make a list of things that resonate for you and can go to back to that list any time.

You could start a journal to write down your feelings.

Read a book that is of interest to you.

Maybe you want to volunteer to get out and meet other people.

What do you like to do?

How do you like to spend your time off?

This is all about finding the things that make you feel good.

3. Get really clear about your belief system. This could be the most important one. What do you believe? What are your spiritual beliefs? Are you sure about what you believe about where you came from? It doesn't matter what your belief system is, but it is important to know what it is. If you don't know you could be aimlessly walking around not feeling connected to anything, which will only keep you feeling lost.

Start getting curious about what this looks like. All answers come when you start asking questions.

4. Make your own decisions. It's always good to take into consideration your family's needs (if you have one) but if your needs aren't being met, you are denying your sense of self and what YOU need.

And... do you make decisions for yourself or are you listening to others and letting them influence you? This could include things like your job, your residence, or what's for dinner. You make decisions more than you realize. Be conscious of what they are, and choose ones that feel good to you.

If you aren't practiced in making your own decisions, it can be scary to start making them on your own, but ultimately this is important so you can know your own power and feel your sense of self.

It's always ok to seek guidance, but it's more important to take that information and see how it feels for you. The most important part of knowing who you are is knowing what is right for you, regardless of what others opinions are. Always check in with yourself to see if that resonates for you.

5. Review all of your abilities.

Do you know what you are good at, are you aware of the gifts and talents you've been given?

Think back to your childhood. What did you excel at?

Think about a time when you felt really happy. What did your life look like?

What lights you up and what makes you feel good?

Do more of those things.

This will all lead to seeing yourself more clearly and valuing who you are.

## 6. Acknowledge and validate yourself.

This is one of the most important things you can do for yourself. This can help you become empowered. You can't count on anyone else to do this for you. It's not their job. It's nice to get acknowledgment from others....but if you are waiting on others to be validated, and you don't get that acknowledgment, you'll stay stuck in constantly wanting something from someone else that they may not be able to give you. Do it for yourself. See yourself, validate yourself, because when you expect it from others, you rely on outside sources to make you feel good, which will always leave you feeling disempowered if you don't get it.

You are not what society perceives you to be, you are not your mistakes, you are not your ego and when you allow others to define who you are, you become a victim to the external world.

You have got to know what makes you happy, you have to look in the mirror with the intent of really seeing yourself. You are there. Your eyes are the window to your soul and if you stare at yourself long enough, you'll get a glimpse. If you take the time to explore who you are, what brings you joy, what your strengths and weaknesses are, you'll know yourself better and will be able to move forward living a life that feels more purposeful.