

BRING YOUR BEST GAME TO LIFE

WORKSHEET 6 - IDENTITY

OBSERVE:

Over the next week, observe yourself when you talk to other people. Note:

- How do I talk about myself?
- When I'm introduced to someone for the first time, what do I say?
- What words, phrases, and descriptions do I use to describe myself?
- What am I most likely to lead with in a conversation?
- When I talk about myself, what's missing?

WRITE:

Sit down with your journal and write out your answers to the following questions:

- Who do I want to be?
- Who have I been?
- What's true now? What else?
- In what ways/with what terms do I describe myself that no longer fit?

BRAINSTORM:

Think of a few ways you might more accurately describe yourself:

- What are you interested in?
- What are you passionate about?
- What are your core values?

- What do you want people to know about you?
- What is it that you're unsure about?
- Who are you becoming?

Experiment with being in conversation in new ways over the next few weeks. See how it feels different, and what becomes possible.

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