Self Expression – Insights About Me

"Your vision will become clear only when you can look into your own heart. The one who looks outside, dreams; the one who looks inside, awakens" Carl Jung

Purpose of the process:

In order for us all to feel confident and put our best foot forward it's important for each of us to be comfortable with who we are as a person, friend, sibling, father, mother etc. *From the inside – out.*

This process is designed to take a closer look at who you think you are compared to how you would like to be; who "really" lives inside you and who you express that on the outside.

Select three cards using your preferred method and working according to the following order, reveal and explore one card at a time. As you reveal each card write down insights attached to each card.

A few tips for this process…

● You can focus the process on one or more aspects, topics or areas of your life. Consider how others perceive you or how you are perceived because of your work (for example).

● You can choose a number of cards for each question. Choosing a number of cards enhances clarity and avoids unnecessary concealment.

● Cards can be selected randomly or openly. The process can be experienced openly first and then randomly, it's interesting to explore where it can take you.

● In question 2, you may choose to ask about a specific person. For example: how does my mother perceive me? My boss? My son? You can also leave it open and general. Remember this is the point of view of how you think others perceive you. It is not real, right, wrong, good or bad it is just your perception.

● You can add a 4th card representing what you took from this process. This card can help make issues more concrete. Work with the coaching notes to record the journey.

● Most of all have fun with the process and record your insights and actions on the coaching notes

Question 1
How do I see or perceive myself?

Question 2
How do others see or perceive me?

Question 3
How would I like others see or perceive me?

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