

*"Who am I? "**- making a start*

Staying with this most important question of all should be a liberating experience for you, not a burden or another "must do". Don't force an answer. Rather, allow all possible answers to come to you...whilst you continue to ask the question.

Know that there is no definite answer to this question. Once you allow it to guide you, this question will stay with you for the rest of your life. It will give you perspective when you need it, it will remind you who you are not, when you forget.

More than anything else, make sure to allow this question to reignite the flame of inquisitiveness in you. Accepting that you are a mystery even to yourself is far better than settling for any prefabricated answers.

Let this question make you feel in awe with yourself and every other human being.

And promise me one thing: every time you ask yourself this question, smile!

To help you befriend this exciting, if intimidating question here are some steps to get you started:

Set some time aside for each of these activities. You can pick the ones that speak to you. You can also repeat them as many times as you want. Enjoy the process!

Feel free to adjust or skip some of the sentences suggested.

Allow yourself to go with the flow and see where your inspiration takes you. Do not give up!

Remember, there are no right answers here...Only *your* answers!!

1. Finish these sentences:

I am not...

Nor am I ...

Come to think about it, I am definitely not...

I have never really been...

And I am certainly not...

2. Now finish these sentences:

I am...

But also...

And of course...

Sometimes...

At other times...

I am always...

Who would have thought that I ...

How wonderful that I ...

And how incredible that I...

I now know that I am...

Why not transform your answers into **your own "I am" poem?**

To share your answers with me and/or with the entire ***Being You and Loving You*** community just send us an email at Sharing@BeingYouAndLovingYou.com with your thoughts/answers/drawings/collage and let us know you are happy to share with everyone.

I can't wait to hear from you!