

Relationships

... the people in my life.

Step 62

We all have the power to live happily with everyone. To share and learn. To live and give. To love and laugh. To live with each other in harmony and joy.

Sometimes, the people in our lives are overlooked. They're not the people with whom we'd choose to continue our journey because they are not supporting us to be our best selves.

Who would I like to bring into my life and why?

AWARENESS TASK

Consider the people in your life and respond to the following questions.

Who 'gets' me?

Who listens?

Who cares?



What personas do I have in my life?

Who am I again?

If you spend years being the kind of person you think others want you to be, one day you will wake up and realise you've lost so much of the original you, that you can no longer remember who you are. If you're not confident with who you are, you may choose different personas for different occasions and end up with multiple personalities at play — you will not be living as your true self.

AWARENESS TASK

Take a look at the different personas you are putting on for the world. The 'social me', 'me, the mum', 'me at work', 'me on holiday' and so on. When you can be yourself, always, you allow others to see your true nature, and you can bring your talents and gifts to the world with ease.

Mum	Brother	Uncle	Lover	Your role in the community
Dad	Wife	Nephew	Employer	Your role at home
Son	Husband	Niece	Employee	
Daughter	Gran	Cousin	Carer	
Sister	Grandad	Partner	Professional	
	Aunt	Friend		

Who am I being? Who is the 'real me'?
