

Who Am I?

Think Bespoke Reflection Exercise

The Who Am I Exercise is the opportunity for you to dig a little deeper and develop a stronger sense of self. Many of us lead very busy lives, and so this exercise provides the opportunity for you to stop and take stock.



This exercise is originally from Jack Collis' book, *Work Smarter, Not Harder* and I've adapted and used it for myself, coaching clients and as part of workshops and guest speaking events since the late 1990s.

You may find this exercise confronting, or freeing. Either way, please give yourself the time it takes and complete it at a time when you do not expect to be interrupted. It may also require more than one sitting.

Let's begin.

Please take 10 index cards.

On one side of each card write the following incomplete statement:

My name is (your name) and I am a (noun) _____.

Work rapidly (spend no more than about a minute on each), as the objective of the exercise is to discover your true feelings about yourself. Don't censor any answers that come to mind.

Write them down. Answers such as human being, parent, brother, wife, homeowner or sports fan are no more valid than answers like gambler or alcoholic.

You may find you need more than 10 index cards. That's fine. Use as many as you need. Some people find it difficult to come up with 10 answers. This is generally because they are censoring their thoughts. If you encounter this problem, perhaps take a few deep breaths, clear your mind and start again.

Most of all, remember there are no right or wrong answers. The key is spontaneity.

When you have completed all 10 statements, read them over, arrange them in order of their importance to you and number them. Then turn over the first card and complete the following statement: 'This "I am" is first because _____'

Do the same for the remaining cards, in order.

Reflection

This may be a good time to pause. Make yourself a cup of tea, or pour yourself a glass of wine.

I'd like you to take a moment to look over your self-discovery cards and reflect on them. When I do this exercise I imagine I am reading comments that have been written by a stranger. Detaching yourself from the emotions is a key way to draw valuable insights as you reflect on the words you are reading!

3. What types of things would this person enjoy doing with their life that they aren't doing?

4. How would you recommend this person spend their life if they had only six months to live?



I hope this exercise has been helpful. If you'd like more information about our online resources to help your professional journey, please visit our website at thinkbespoke.com.au or contact me at karen@thinkbespoke.com.au

Enjoy the journey.
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