

The Art of Being You

Who am I now?

You've probably had lots of change with a new addition to your family. This can result in wondering who you are now. What's your role? The simplest way to understand WHO YOU REALLY ARE is to work out your VALUES.

Values are what means the most to you.

This is how you want to be, act, what's significant to you. This is not possessions or money it's much deeper but not that difficult.

Knowing your values gives you clarity on everyday decisions to the tough decisions. Most importantly values give you direction. Having direction gives you purpose and motivation. A life of purpose gives you happiness and calm. LET'S PICK THE 3 R's AND WORK THEM OUT!

RELATIONSHIPS

This covers your friends, family and intimate relationships. What kinds of qualities mean the most to you in all? What would you like to bring to each of these relationships? What sort of actions would you expect others to take to be in these types of relationships with you and what action would you reciprocate?

REST & RECREATION

What are the activities you love to do? How do you have fun and let go? What type of things do you do to recharge?

RAISING CHILDREN

What kind of parenting skills is important to you? What kinds of qualities do you want to teach your children? What kind of behaviours would you do to ensure these qualities are taught?

On a roll? Some other main areas are Work, Physical & Mental Well-being, Education/Improvement & Spirituality.

