

(Big) Little Reminders™

Self-Tuning Exercise

Who Am I?

Every life experience is an opportunity to remember who we really are and discover what brings us most alive inside. The more we move in the direction of what feels good to our soul, the more we feed our mind with the ingredients to create a life uniquely all our own, filled with every good thing we can imagine!

Directions:

The exercise below is designed to bring your awareness to who you uniquely are and what feels good inside of you:

- On a separate sheet of paper, write the question “***Who am I?***” at the top of the page
- Then complete the sentence “***I am someone who...***” with a sentence stem below, such as, “***I am someone who loves...***” or “***I am someone who enjoys...***” or “***I am someone who gets excited...***” Brainstorm each sentence stem with as many answers as you can uncover about yourself
- **Note:** You may choose to complete some or all of the sentence stems below. Also, you may choose to write over a period of several days and focus on one or two different sentence stems each day

Take your time and let your mind freely roam through your life experiences to help you remember more about who you are...

Who am I? I am someone who...

1. *Loves...*
2. *Enjoys...*
3. *Cares...*
4. *Gets excited...*
5. *Feels inspired...*
6. *Loves the feeling of...*
7. *Appreciates...*
8. *Feels most alive...*
9. *Is at my best...*
10. *Has the most fun...*
11. *Values...*
12. *Is in my most natural state...*
13. *Feels completely at peace...*
14. *Loves imagining...*
15. *Creates the greatest...*
16. *Dreams...*