

DAWN Giulietta

How Am I?

This is a simple yet powerful exercise designed to help us become more aware of how we are living and responding in everyday life.

By bringing to consciousness who and how we are in our daily lives, we can notice how we are feeling, managing, and behaving — and whether we want to make changes to become more authentic and aligned with our True Selves.

You will need:

Some paper (divided into four sections), a pen, and a quiet, comfortable space where you won't be disturbed, allowing you to visualise and imagine the different scenarios.

For each scenario take a moment:

Close your eyes, take some nice deep breaths in and out through your nose, on the outbreath, let your shoulders and tummy drop. Bring your attention to the soles of your feet and imagine strong roots growing deep down into Mother Earth, keeping you safe and grounded.

Then, one at a time, bring to mind and visualise how you are in the following day-to-day situations:

1. When you are doing something that you **want** to do. (for example, going out, meeting a friend, relaxing at home, being creative, attending a course).
2. When you are doing something that you **have** to do. (for example, the washing or cleaning, getting up early, homework, school run).
3. When you are doing something that **really** compromises your truth. That doesn't sit or feel right with you.
4. When you are doing something that you absolutely **love**. You are in your element. Something that lights you up and you are being really true to you.

For each scenario – take time to immerse in the visualisation and notice and then draw and write about it and your insights:

What is the scene you are in? How do you look? What do you notice about yourself? How is your posture, your body language? What is happening in your body? How are you feeling? How is your energy? How are you behaving? What are your attributes, characteristics, qualities? What are your thoughts? What are you telling yourself or believing? Do you recognise yourself? How does this scenario make you feel about yourself? Do you have a voice? Can you take action? Do you have a choice?

Notice: How are you now, in the current moment, as you are visualising, writing and drawing? Our bodies are really good at telling us the truth through posture, tension, aches, pains, flow, ease.

Then, without judgement and with openness, explore further:

- Which are the most prevalent and prominent scenarios in your daily life?
- How often are you in these situations? How much do they play out? Does this type of thing happen often?
- What is familiar? What does this remind you of? Where do these situations originate from?
- Is this how you want your life to be? Are you being true to yourself? Is this the way you would do things?
- What approaches may be linked to conditioning, learnt behaviour or coping from childhood?
- What is real truth, strength and resilience?
- Can you see positive traits/qualities in you in each situation?

Going forward:

- What insights will you take from this?

- Do you need to make some changes?
- How can you find balance?
- How can you stay True to You?