

WHO AM I REALLY?

*A 30-day journey to separate
who you are from who you learned to be*

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QUESTION • REMEMBER • LISTEN • CHOOSE • CREATE

PART 1 — QUESTION



Before you begin

For the next 30 days, we are not going to try to create a “new” self.

We are going to do something different. We will begin to strip things back. To examine. To observe. To distinguish.

What is truly mine? What did I learn? What did I choose? What did I accept without ever examining it? And who might exist beneath all of that?

You do not need to reject your family, your culture, your faith, your education or your values. Nor do you need to decide that everything you were taught was wrong.

The task is something simpler — and more difficult: to decide what you still choose, consciously.

Because inheriting a belief is one thing. Examining it and saying, “Yes. This is still mine,” is another.

DAY 1

WHO TOLD ME WHO I SHOULD BE?



TODAY'S QUESTION

Who taught me who I “should” be?

A THOUGHT

Before you could decide who you wanted to be, the world had already begun giving you instructions.

Your family, school, society, religion, culture and the people around you showed you what it means to be a “good child”, what counts as success, how you should look, when you should marry, which careers are considered respectable, and what you should believe.

Because all of this started so early, we often do not experience these things as beliefs. We experience them as reality.

Today, you do not need to decide what is right or wrong. You only need to begin recognising the voices.

Before you can hear your own voice clearly, you need to understand which other voices are speaking inside you.

WRITE WITHOUT CENSORING YOURSELF

1. When I was young, I learned that a “good person” should...
2. My family expected me to...
3. I learned that success means...
4. I learned that a man / a woman should...
5. The thing I feared most would disappoint other people was...

SMALL ACTION

Today, every time you catch yourself thinking “I should...”, pause for a few seconds and ask: “Who said so?”

You do not need to change anything. Just observe.

WHAT DID I NOTICE TODAY?

DAY 2

THE “SHOULD” OF MY LIFE



TODAY'S QUESTION

How many of my “shoulds” are truly choices?

A THOUGHT

The word “should” can become an invisible prison.

I should be strong. I should forgive. I should get married. I should have children. I should stay in this job. I should not upset my parents. I should endure.

Some “shoulds” are useful. We live with other people. We have responsibilities. Our choices have consequences.

The problem begins when we fail to distinguish the “should” of responsibility from the “should” of fear and social conformity.

Today, you are not going to throw away your “shoulds”. You are going to bring them into the light.

WRITE WITHOUT CENSORING YOURSELF

6. Write at least 10 sentences that begin with “I should...”

7. Next to each one, write: MINE or INHERITED / I DON'T KNOW

8. What am I afraid will happen if I do not do it?

9. Whom am I afraid I will disappoint?

10. Would I choose it if nobody knew?

SMALL ACTION

Today, turn one “I should” into “I choose to...” or “I no longer choose to...”.

Notice how the feeling changes when obligation becomes a conscious choice.

WHAT DID I NOTICE TODAY?

DAY 3

WHICH BELIEFS DID I INHERIT?



TODAY'S QUESTION

Do I believe this because I examined it — or because I learned it?

A THOUGHT

Most of our deepest beliefs did not begin as decisions. They began as information.

“Family comes before everything.” “Money ruins people.” “You need a secure job.” “Marriage is the natural destination of a relationship.” “What will people say?”

Today, we are not deciding whether these ideas are right or wrong. We are asking something different: where did they come from?

When you know the origin of a belief, you can look at it for the first time instead of simply living inside it.

WRITE WITHOUT CENSORING YOURSELF

11. Write one core belief you learned about: family, marriage/relationships, religion/spirituality, money, work, success, men/women, and self/worth.

12. Who taught me this?

13. Have I genuinely examined it?

14. Does it still express who I am?

SMALL ACTION

Choose one belief and find one serious alternative perspective on the same subject.

The goal is not to change your mind. The goal is to prove to yourself that you can examine more than one side.

WHAT DID I NOTICE TODAY?

DAY 4

WHICH “TRUTH” AM I AFRAID TO EXAMINE?



TODAY'S QUESTION

Which of my beliefs would be hardest to face if I discovered that it may not be exactly as I thought?

A THOUGHT

We do not protect all our beliefs because we have strong evidence. Sometimes we protect them because they have become part of our identity.

If that belief changes, we may have to re-examine our family, our faith, our relationships, our choices — perhaps even the person we thought we were.

That is why questioning can create fear. Not because the question is dangerous, but because the answer may require change.

Maturity is being able to say: “If I find better evidence, I have the courage to reconsider my position.”

WRITE WITHOUT CENSORING YOURSELF

15. One subject on which I find it difficult to hear a different view is...

16. When someone questions it, I feel...

17. What I fear might happen if my belief changes is...

18. If I discovered that I was wrong, it would mean to me that...

19. Can I distinguish “I was wrong” from “I am wrong”?

SMALL ACTION

Tell yourself today: “I am allowed not to know.”

Notice what happens to the tension when you no longer need an immediate answer.

WHAT DID I NOTICE TODAY?

DAY 5

WHAT WOULD I BELIEVE IF I HAD GROWN UP SOMEWHERE ELSE?



TODAY'S QUESTION

If I had been born into another family, country, culture or religious tradition, how many things I take for granted today would I believe in exactly the same way?

A THOUGHT

We often regard our beliefs as personal simply because they exist inside us. But the geography of our birth profoundly influences what we consider normal.

Other societies hold different views about marriage, family, God, gender, work, money, raising children, death, spirituality and success.

This does not prove that all beliefs are relative, or that truth does not exist. It does show, however, that our environment shapes our sense of certainty far more than we often recognise.

WRITE WITHOUT CENSORING YOURSELF

20. Which of my beliefs would probably be different?

21. Which part of my life might have taken a different path?

22. What do I consider “normal” mainly because the people around me do it?

23. Which idea might be worth examining through another culture or perspective?

SMALL ACTION

Read or listen today to one serious perspective from someone who grew up differently from you.

You do not need to agree. Listen in order to understand.

WHAT DID I NOTICE TODAY?

DAY 6

WHAT DO I CHOOSE TO KEEP?



TODAY'S QUESTION

Of everything I inherited, what do I consciously choose to keep today?

A THOUGHT

Personal freedom does not mean rejecting your past.

It does not mean always doing the opposite of what your family or society expects. That would simply be another form of reacting.

Freedom is being able to look at something and say: "I examined it — and I agree." Or: "I examined it — and it no longer reflects me."

There are things we learned that are worth keeping. Values. Traditions. Wisdom. Ways of loving. Principles.

Questioning is not destruction. It is choice.

WRITE WITHOUT CENSORING YOURSELF

24. Create three lists: KEEP, EXAMINE, LET GO.

25. What do I feel when I give myself permission to choose?

SMALL ACTION

Choose one small thing from the LET GO list.

Do one small thing today that shows you no longer need to be governed by it.

WHAT DID I NOTICE TODAY?

PART 2 — REMEMBER



DAY 7

WHO AM I WITHOUT MY TITLES?



TODAY'S QUESTION

If I removed all my roles, who would remain?

A THOUGHT

When we introduce ourselves, we often answer the question “Who are you?” with what we do.

I am a doctor. I am an entrepreneur. I am a mother. I am a father. I am a spouse. I am a student. But these describe roles. They do not describe the whole person.

What happens when a role changes? If our entire identity has been built around these things, change can feel as though we are losing ourselves.

But perhaps the self was never lost. Perhaps it was simply hidden behind the titles.

WRITE WITHOUT CENSORING YOURSELF

26. Without mentioning work, relationship status, titles, education, possessions or appearance, write 10 sentences beginning: “I am...”

27. What do I love?

28. What moves me?

29. What makes me angry?

30. What truly matters to me?

31. What would I like to learn?

SMALL ACTION

Do something small that serves none of your roles.

Simply because you enjoy it.

WHAT DID I NOTICE TODAY?

DAY 8

WHO DID I LEARN I HAD TO BE IN ORDER TO BE LOVED?



TODAY'S QUESTION

What did I learn I had to do or be in order to deserve love and acceptance?

A THOUGHT

Children need connection. And when we learn that certain behaviours bring approval while others bring rejection, we adapt.

We may learn to always be good, never get angry, not ask for too much, be useful, achieve, care for others, not cry, or be perfect.

Years later, we may still be doing the same thing because somewhere inside us the belief remains: "If I am not like this, they may not love me."

Love that requires parts of you to disappear comes at a cost.

WRITE WITHOUT CENSORING YOURSELF

32. To be loved, I learned that I have to...

33. To avoid rejection, I learned not to...

34. When someone is unhappy with me, I feel...

35. The hardest thing for me to say is...

36. If I knew they would still love me, I would...

SMALL ACTION

Notice one moment today when you are about to adapt automatically in order to gain approval.

You do not necessarily have to change the behaviour. Simply notice it and say to yourself: "I see what is happening."

WHAT DID I NOTICE TODAY?

DAY 9

WHICH ROLE DO I PLAY MOST OFTEN?



TODAY'S QUESTION

Which version of myself do I present in order to feel safe or accepted?

A THOUGHT

Many of us develop a role: the strong one, the good one, the rescuer, the peacemaker, the successful one, the funny one.

These roles may once have helped us. The problem is not that they exist. The problem is when we forget they are roles and begin to believe they are our entire identity.

WRITE WITHOUT CENSORING YOURSELF

37. Which of these roles fits you most closely?
38. When did I begin playing this role?
39. What does it give me?
40. What does it protect me from?
41. What does it cost me?
42. Who would I be if I did not have to play it all the time?

SMALL ACTION

Give yourself permission today to do the opposite of your usual role in one small way.

If you are always “the strong one”, ask for help. If you are always “the good one”, say a calm no.

WHAT DID I NOTICE TODAY?

DAY 10

WHAT HAVE I HIDDEN FROM MYSELF?



TODAY'S QUESTION

Which parts of myself have I learned to hide because I fear they will not be accepted?

A THOUGHT

We do not only hide things from other people. Sometimes we hide them so well that we stop seeing them ourselves.

A dream we were once told was “unrealistic”. A part of our personality that was considered “too much”. A sensitivity we came to see as weakness. A creative side we abandoned.

Authenticity does not mean expressing every impulse. It means being able, at the very least, to be honest with ourselves about what exists within us.

You cannot know yourself if you allow only the parts the world approves of to exist.

WRITE WITHOUT CENSORING YOURSELF

- 43. A part of myself I often hide is...
- 44. Something I want but struggle to admit is...
- 45. Something I stopped doing because I feared criticism is...
- 46. If I were not afraid of being judged, I would say...
- 47. If I were not afraid of failing, I would try...
- 48. What does this part of me need from me today?

SMALL ACTION

Choose one small, authentic part of yourself that you have neglected and give it 20 minutes today.

You do not need to show anyone. It is enough that you acknowledge it.

WHAT DID I NOTICE TODAY?

DAY 11

WHEN DO I FEEL MOST LIKE MYSELF?



TODAY'S QUESTION

When do I feel that I do not have to try in order to be accepted?

A THOUGHT

There are moments when you do not need to prove anything. You are not trying to impress. You are not adjusting your words. You simply exist.

These moments are precious because they often show us something about our authenticity.

The point is not to recreate these moments throughout your entire life. It is to notice what they have in common.

WRITE WITHOUT CENSORING YOURSELF

49. I feel most like myself when...

50. The people with whom I can truly relax are...

51. When I am with them, I do not need to...

52. The activities that make me lose track of time are...

53. A place where I feel especially “me” is...

54. What do all these experiences have in common?

SMALL ACTION

Give at least 20 minutes today to something that makes you feel more like yourself.

Not because it is productive. Simply because it reconnects you.

WHAT DID I NOTICE TODAY?

DAY 12

WHAT MAKES ME FEEL ALIVE?



TODAY'S QUESTION

When do I feel that I am truly participating in my life rather than simply watching it pass?

A THOUGHT

There is a difference between functioning and living.

You can be extremely productive and still feel empty.

A sense of aliveness often appears when there is presence, curiosity, creativity, connection, movement, learning, love, freedom, risk or meaning.

This does not mean every day has to be exciting. But if you cannot remember the last time you felt truly alive, perhaps it is worth examining.

WRITE WITHOUT CENSORING YOURSELF

55. The last time I felt truly alive was...

56. In that moment there was...

57. What did I do more of as a child that I do less of now?

58. What would I like to bring back into my life?

59. What excites me but I keep postponing?

60. If I had more courage, I would...

SMALL ACTION

Do something small today that takes you off autopilot.

Notice how your energy responds.

WHAT DID I NOTICE TODAY?

PART 3 — LISTEN



DAY 13

WHAT DO I KNOW DEEP DOWN BUT AVOID?



TODAY'S QUESTION

If I were completely honest with myself, what would I admit?

A THOUGHT

Sometimes we do not lack the answer. We lack the courage to look at it.

You may already know that a situation no longer feels right for you, that you need a boundary, that you want to leave or stay, that you want to begin something, or that you have changed.

Inner knowing does not mean you have to act immediately. It does mean that it is worth being honest about what you already see.

The truth you avoid does not disappear because you refuse to look at it.

WRITE WITHOUT CENSORING YOURSELF

61. If I were completely honest, I would admit that...
62. The thing I avoid thinking about is...
63. If nobody were affected by my decision, I would...
64. The biggest obstacle I can see is...
65. The real obstacle may be...

SMALL ACTION

Write one sentence beginning: "The truth I am ready to acknowledge today is..."

You do not need to do anything else.

WHAT DID I NOTICE TODAY?

DAY 14

WHEN DID I IGNORE MY INTUITION?



TODAY'S QUESTION

Have there been times when something inside me said “be careful” and I did not listen?

A THOUGHT

Many people can remember a moment when “something did not feel right”.

We do not need to explain that feeling metaphysically. It may result from experience, subtle signals the conscious mind has not yet processed, a bodily response, or deeper self-awareness.

What matters is learning to notice. Not to obey every feeling blindly. But also not to dismiss automatically what we feel.

WRITE WITHOUT CENSORING YOURSELF

66. One time something inside me said “no” was...

67. What did I eventually do?

68. What happened afterwards?

69. Were there small signs I ignored?

70. Why did I not trust myself?

71. What would I have liked to do differently?

SMALL ACTION

Before making a small decision, pause for 30 seconds and ask: What am I thinking? What am I feeling? What am I noticing in my body?

You do not have to follow the first feeling automatically. Just listen to it.

WHAT DID I NOTICE TODAY?

DAY 15

WHEN DID LISTENING TO MY INTUITION HELP ME?



TODAY'S QUESTION

When did I trust myself and later feel glad that I did?

A THOUGHT

Self-trust is not built through theory. It grows when we remember that we have been able to notice, decide and move forward.

It does not mean every inner pull leads to the perfect outcome. It means our relationship with ourselves becomes stronger when we recognise the times we listened and learned.

WRITE WITHOUT CENSORING YOURSELF

72. One important time I trusted my intuition was...

73. What did I feel before making the decision?

74. What was I afraid of?

75. What eventually helped me trust myself?

76. What happened afterwards?

77. What did I learn about myself from this experience?

SMALL ACTION

Write down three times when you made a good decision without having complete certainty.

Keep this list as part of your personal history of self-trust.

WHAT DID I NOTICE TODAY?

DAY 16

FEAR OR INTUITION?



TODAY'S QUESTION

How can I distinguish inner guidance from fear?

A THOUGHT

This is one of the most difficult questions, because fear can sound very convincing. And a powerful desire can also disguise itself as “intuition”.

Fear is often repetitive, urgent and full of scenarios. Intuition sometimes appears more quietly as a simple sense: “Yes”, “No”, “Wait”, “Look again”.

But this is not an absolute rule. That is why we do not replace evidence, logic or reality with a feeling. We combine them.

Think clearly. Listen to your intuition. Cultivate your discernment.

WRITE WITHOUT CENSORING YOURSELF

78. What does the evidence say?

79. What does fear say?

80. What do I want?

81. What do I feel more deeply?

82. Where is there clarity, and where is there panic?

83. What else do I need to learn before I decide?

SMALL ACTION

Do not make a major decision today simply because you feel intense emotion.

Create space. Clarity does not always require urgency.

WHAT DID I NOTICE TODAY?

DAY 17

WHAT IS MY BODY TELLING ME?



TODAY'S QUESTION

What information does my body give me before my mind has time to explain it?

A THOUGHT

The body is constantly responding: tightness, relaxation, rapid heartbeat, heaviness, energy, tiredness, openness, discomfort.

These responses are not always instructions. They may be connected to anxiety, past experiences, habits or genuine danger. But they still provide information.

And when we have spent years ignoring our bodies, we often lose an important source of self-awareness.

WRITE WITHOUT CENSORING YOURSELF

84. Think of someone with whom I feel safe. How does my body feel?

85. Think of a person or situation that puts me under pressure. What changes?

86. A choice that excites me. Where do I feel it?

87. A choice that frightens me. Where does the tension appear?

88. What patterns do I notice?

SMALL ACTION

Three times today, pause and note: What am I feeling? Where do I feel it in my body? What was happening just before?

Do not interpret. Just observe.

WHAT DID I NOTICE TODAY?

DAY 18

WHAT DO I HEAR WHEN THE NOISE STOPS?



TODAY'S QUESTION

If all the outside voices stop for a while, what remains?

A THOUGHT

We live in a world of almost constant noise: notifications, videos, podcasts, messages, music, news, opinions and advice.

Sometimes even “personal development” becomes another way of never sitting alone with ourselves.

The inner voice needs space. Silence can feel uncomfortable because thoughts and feelings we have been avoiding may appear.

That is not a failure of silence. Perhaps it is exactly why we need it.

WRITE WITHOUT CENSORING YOURSELF

89. After 10–15 minutes without your phone or other stimulation: What thought appeared first?

90. What did I try to avoid?

91. What emotion appeared?

92. What desire did I hear?

93. Was there something that needed my attention?

SMALL ACTION

Spend 10 intentional minutes in silence today.

You do not need to “meditate correctly”. Sit. Breathe. Observe. Listen.

WHAT DID I NOTICE TODAY?

PART 4 — CHOOSE



DAY 19

WHO DO I BECOME IN MY RELATIONSHIPS?



TODAY'S QUESTION

Do my most important relationships help me become more or less myself?

A THOUGHT

We often evaluate a relationship by asking: “Do I love them?” or “Do they love me?” But there is another very important question: “Who do I become when I am in this relationship?”

Can I speak? Can I disagree? Can I say no? Can I grow? Can I change? Can I be vulnerable?

We may love someone and still need to see clearly what is happening within the relationship.

Love should not require you to disappear.

WRITE WITHOUT CENSORING YOURSELF

94. Choose one important relationship.

95. Do I feel safe to speak?

96. Can I be myself?

97. Does this relationship encourage me to grow?

98. Am I often afraid of their reaction?

99. Do I hide parts of myself?

100. Am I expanding or shrinking within this relationship?

SMALL ACTION

Notice today how you feel after contact with different people.

Calmer, more alive, more free — or exhausted, anxious and diminished?

WHAT DID I NOTICE TODAY?

DAY 20

WHERE DO I SAY “YES” WHEN I WANT TO SAY “NO”?



TODAY'S QUESTION

Where do I override my own truth in order to avoid disappointing other people?

A THOUGHT

“Yes” can be an act of love. But when you continually say yes out of fear, the cost begins to accumulate.

Each small “yes” may seem insignificant. But when it is repeated, you may begin to feel that there is no room for you inside your own life.

Boundaries do not mean: “I do not care about you.” They can mean: “I care about myself too.”

WRITE WITHOUT CENSORING YOURSELF

101. Where do I most often say yes when I want to say no?

102. With whom do I find it hardest to set a boundary?

103. What am I afraid will happen if I say no?

104. Have I learned that setting boundaries is selfish?

105. What does my constant yes cost me?

106. What would a calm and clear no sound like?

SMALL ACTION

Set one small, safe boundary today.

It might be: “I can’t today”, “I’ll answer you tomorrow”, “I don’t want to”, “I need a little time”, “I’m not comfortable with that”.

WHAT DID I NOTICE TODAY?

DAY 21

WHERE DOES COMPROMISE END AND SELF-ABANDONMENT BEGIN?



TODAY'S QUESTION

How much of myself do I shrink in order to keep the peace?

A THOUGHT

Relationships require compromise. We cannot live as though only our own needs exist.

But there is a difference between “I adapt because I love” and “I disappear because I am afraid”.

Self-abandonment often happens through hundreds of small moments: you do not say what you think, you do not ask for what you need, you accept behaviours that hurt you, you cancel your desires.

Healthy compromise is reciprocal. Self-abandonment is driven by fear.

WRITE WITHOUT CENSORING YOURSELF

107. In which relationship do I adapt the most?

108. What am I afraid will happen if I am more authentic?

109. Which of my needs do I consider “too much” or “difficult”?

110. Where do I compromise and feel okay about it?

111. Where do I compromise and then feel anger, heaviness or resentment?

112. What small part of myself do I want to reclaim?

SMALL ACTION

Choose one small area where you usually abandon yourself.

Today, speak your truth calmly. Without attack. Without apology.

WHAT DID I NOTICE TODAY?

DAY 22

WHICH PEOPLE HELP ME GROW?



TODAY'S QUESTION

Which people bring more light, courage and truth into my life?

A THOUGHT

The people around us influence us far more than we often realise.

Someone who loves us may sometimes challenge us. But there is a difference between someone who helps us grow and someone who needs us to remain small so they can feel safe.

You do not need to cut people out of your life because they are not perfect. But you do need to understand the influence each relationship has on you.

WRITE WITHOUT CENSORING YOURSELF

113. Place the important people in your life into three categories: HELP ME GROW, NEUTRAL, MAKE ME SHRINK.

114. Which people do I want to invest more time in?

115. Where are better boundaries needed?

SMALL ACTION

Reach out today to someone who makes you feel more like yourself.

WHAT DID I NOTICE TODAY?

DAY 23

DOES THE LIFE I AM LIVING REFLECT WHAT TRULY MATTERS TO ME?



TODAY'S QUESTION

If someone saw only the way I live, would they understand what truly matters to me?

A THOUGHT

We can say that something matters to us. But our lives reveal our real priorities.

You do not need to blame yourself if there is a gap between your values and your life. Responsibilities are real.

But you do need to see the gap, because you cannot redesign a life you have not first looked at honestly.

WRITE WITHOUT CENSORING YOURSELF

116. Rate from 1–10: Time, Relationships, Work, Health/body, Creativity, Freedom, Spirituality/meaning, Joy.

117. Which score surprised me most?

118. Where is the greatest gap between what I say I want and what I actually live?

SMALL ACTION

Make one small change today that brings your calendar closer to your values.

WHAT DID I NOTICE TODAY?

DAY 24

IF I COULD REDESIGN MY DAILY LIFE, WHAT WOULD I CHANGE?



TODAY'S QUESTION

If my life did not already have a structure, how would I build it from the beginning?

A THOUGHT

Many things in our lives were never designed. They accumulated.

A job. A move. A relationship. Responsibilities. Habits. And one day that accumulation became “my life”.

Before change comes imagination. If you cannot imagine another life, it is very difficult to begin building one.

WRITE WITHOUT CENSORING YOURSELF

119. My ideal daily life would have more...

120. My ideal daily life would have less...

121. I would wake up...

122. I would work...

123. I would spend time with...

124. I would live...

125. I would create...

126. I would learn...

127. I would stop...

128. If I could change only three things over the next 12 months, they would be...

SMALL ACTION

Take one of those three things and take the smallest possible first step today.

WHAT DID I NOTICE TODAY?

PART 5 — CREATE



DAY 25

WHAT DOES SUCCESS MEAN TO ME?



TODAY'S QUESTION

If I did not need to impress anyone, how would I define success?

A THOUGHT

Society offers us ready-made measures of success: money, titles, houses, career, marriage, status, followers and recognition.

Some of these may genuinely matter to you. There is nothing wrong with that.

But if you have not defined success for yourself, you risk spending years winning a game you never chose to play.

Success has value only when you know what it means to you.

WRITE WITHOUT CENSORING YOURSELF

129. Success to me means...

130. I am no longer interested in proving...

131. I want more...

132. I want less...

133. If my life were going really well in 5 years, I would...

SMALL ACTION

Write your own one-sentence definition of success.

Keep it. You will need it again.

WHAT DID I NOTICE TODAY?

DAY 26

WHAT DOES SPIRITUALITY MEAN TO ME?



TODAY'S QUESTION

Is there, for me, something deeper in the human experience beyond roles and everyday life?

A THOUGHT

Spirituality can mean different things to different people.

For some, it is connected with God or a religious tradition. For others, with nature, consciousness, the soul, love, or a sense of connection with something greater.

You do not need to adopt a particular view. Spiritual exploration can begin simply with curiosity.

Spirituality does not have to mean that you stop thinking. It can mean that you begin exploring more deeply.

WRITE WITHOUT CENSORING YOURSELF

134. The word “spirituality” makes me feel...

135. I grew up believing that...

136. Today I believe / wonder...

137. The moments in which I feel a deeper connection are...

138. To me, “soul” means...

139. Is there something about human existence I would like to explore more deeply?

SMALL ACTION

Give 15 minutes today to a spiritual practice that has meaning for you.

Silence. Prayer. Nature. Meditation. Writing. Music. Observation. You do not need to give it a label.

WHAT DID I NOTICE TODAY?

DAY 27

WHY AM I HERE?



TODAY'S QUESTION

What might the purpose of my life mean to me?

A THOUGHT

The question “Why am I here?” can feel enormous. And perhaps there is not only one answer.

Your purpose does not have to be something that changes the world. It does not have to be a profession. It does not have to be a mission you discover one day and then it is finished.

Perhaps it lies in what you learn, what you create, whom you love, what you contribute, how you grow, what you heal, and how you use your gifts and experiences.

Perhaps it is not something you simply find. Perhaps it reveals itself as you remember who you are.

WRITE WITHOUT CENSORING YOURSELF

140. What do I want to learn in this life?

141. What do I want to experience?

142. What do I want to create?

143. What do I want to contribute?

144. Whom do I want to love better?

145. What have I been through that might one day help someone else?

146. What makes me feel that my life has meaning?

SMALL ACTION

Write a temporary sentence: “At this stage of my life, I feel that I am here to...”

It does not need to be the final answer. Let it evolve with you.

WHAT DID I NOTICE TODAY?

DAY 28

WHAT DO I WANT TO CREATE?



TODAY'S QUESTION

What exists inside me that is asking to take form?

A THOUGHT

We all create: a business, a home, a child, a relationship, a project, a book, a community, an idea, a different way of living.

Creation does not belong only to artists. It is the process through which we take something that exists as a possibility and give it form.

Many things are never created, not because they lacked value, but because we waited to feel ready, waited for permission, waited to be perfect, or waited for other people's approval.

You cannot be perfect at something you are only just beginning.

WRITE WITHOUT CENSORING YOURSELF

147. If I knew I could not fail, I would create...

148. If I did not care what other people would say, I would try...

149. An idea that keeps returning is...

150. What is stopping me?

151. What is the smallest first step?

152. What could I begin before I feel ready?

SMALL ACTION

Give 30 minutes today to something you want to create.

Not planning for the future. Actual creation.

WHAT DID I NOTICE TODAY?

DAY 29

WHAT DO I WANT TO LEAVE BEHIND?



TODAY'S QUESTION

What would I like to exist in the world because I was here?

A THOUGHT

What we leave behind is not only our name. It is not only money. It does not necessarily have to be something enormous.

It may be the way you loved, the children you raised, someone you helped, an idea you shared, a business, a project, a change you created.

The question of what we leave behind is not about death. It is about how you want to live today.

If you knew what you wanted to leave behind, what would change in the way you use your time now?

WRITE WITHOUT CENSORING YOURSELF

153. I would like the people who love me to remember that...

154. I would like to have helped...

155. I would like to have created...

156. I would like to have learned...

157. I would like to have dared...

158. I would like to have lived more...

159. I would like to have spent less time on...

SMALL ACTION

Do one small thing today that represents what you want to leave behind.

WHAT DID I NOTICE TODAY?

DAY 30

IF THIS IS THE ONE LIFE I HAVE, HOW DO I CHOOSE TO LIVE IT?



TODAY'S QUESTION

If I stopped waiting for permission, the perfect time and certainty — what would I choose?

A THOUGHT

You have reached Day 30.

I do not expect you to have discovered exactly who you are. I do not expect you to have resolved all your relationships, found your ultimate purpose, or know all the answers about life and the world.

The goal was to begin listening differently. To see your beliefs. To notice your roles. To listen to your intuition. To distinguish fear from guidance. To look at your relationships and your life with greater honesty.

And now comes the most important question: What will you do with what you have seen?

Life does not change simply because we understand. It changes when we begin to choose.

WRITE WITHOUT CENSORING YOURSELF

160. If this is the one life I have: I want to love...

161. I want to create...

162. I want to learn...

163. I want to stop...

164. I want to begin...

165. I want to forgive...

166. I want to let go of...

167. I want to dare...

168. I want to live...

169. Write one paragraph beginning: "From this point forward, I choose to create a life in which..."

SMALL ACTION

Choose one specific thing you will do within the next 72 hours.

Write: "Within the next 72 hours, I will..."

WHAT DID I NOTICE TODAY?

A FINAL REFLECTION



Perhaps you can now see something you could not see before. Perhaps you have more questions. Whatever you are experiencing, that is understandable.

Self-knowledge does not end on Day 30. In fact, perhaps it is only beginning.

You will change. You will learn. You will make mistakes. You will change your mind. You will rediscover yourself many times. And that does not mean you are lost. It means you are alive.

Keep these questions with you: What is true? Who am I really? What is my intuition telling me? What do I choose? Why am I here? What do I want to create? And how do I want to use this one life?

You do not need to reject everything you were taught. You need to decide what you still choose.

You do not need to have all the answers. You need to keep asking the questions.

You do not need to wait for someone else to tell you who you are. You can begin to remember.

QUESTION

REMEMBER

LISTEN TO YOUR INTUITION

CHOOSE

CREATE

LIVE FREELY

DO NOT BELIEVE ANYONE UNQUESTIONINGLY

DO NOT BELIEVE ME UNQUESTIONINGLY

THINK FOR YOURSELF.

LISTEN TO YOUR INNER VOICE.

DISCOVER YOUR OWN TRUTH.

WITH APPRECIATION AND RESPECT

Dr Katelenia Giakoumi