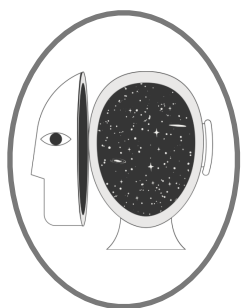


# Journaling a pathway to the innate wisdom of you



## Session 5: Transformation of Self Identity

It's not about defining who you believe yourself to be, it's about awakening who you truly are

How did your body feel during this practice?

---

---

Did any memory arise during your practice? If so, did the memory carry an emotion?

---

---

Did any independent emotion arise during your practice (one without a memory attached)?

---

---

Write down two of your innate strengths that you are grateful for

examples:

compassionate nurturing  
diligent resilient  
courageous creative  
sincere flexible  
brave present

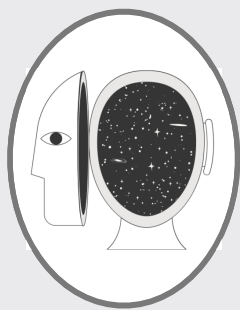
---

---

A space for reflections beyond words



# Who do you believe you will be after death?



We are kept so focused on who we believe ourselves to be that we have forgotten who we truly are. There is much effort that goes into creating a personal identity. It is a lifelong process that begins before we are born.

A transformation of self identity involves going beyond who you believe yourself to be. It is a journey inward to awaken who you truly are.

**Who were you before you were born?** (It’s ok to not know or remember – guessing is a-okay 😊)

---

---

**Write down a limiting belief about yourself that you may have learned from a family member and ask yourself if it is true for you today.** Ex: I’m unlucky, a procrastinator, a bad speller, not flexible, not good with money

---

---

---

**How do your beliefs about yourself determine your attitudes and behavior in your life? (how do they affect your judgment of others or situations)**

---

---

---

---

**Write a few things about yourself that you are grateful for and consider how they remind you of who you truly are.**

---

---

---

**Who do you believe you will be after you depart this body?**

---

---

**Who do you want to be after you depart this body? or do you want to be anyone?**

---

---

Feel free to grab more paper if you need more space to explore