

# My Little Book of *Truths About Me*

Discovering Who You Are



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COACHING

# *My Little Book of Truths*

## *About Me*

This little book is a way for you to begin to value and affirm the goodness of who you are and what you carry in you.

Making time to express who we really are and want to be, shines a light on our inner truth and displaces the lies we often tell ourselves. It is also a good time to examine what others say about us, and whether those statements are true or false.

Let it be a time of discovery about the truth of who you are, not who others say you are, or who others expect you to be, but who you want to be. Make it a dream place for the life you want to live and the person you want to be.

Print off the separate workbook, and set aside a special time in your favourite place with your favourite treats, and indulge in discovering the Truths about You.

*These words describe my best self and the things I like about ME!*

What is the first thing we usually do when someone pays us a compliment? We disbelieve them! We are simply more inclined to think the negative of ourselves than the positive.

The wonderful thing is that nearly all of us have exceedingly more positives and goodness in us than we do negatives. Few of us though, ever sit down and do a stock take of what is beautiful and amazing about us.

Who is your best self right now? Are you funny, super patient with children, great at hospitality, loyal to your friends, a hard worker? How would you describe the goodness that is you?

We are bombarded daily through the media with images and words of who we should be, what we should look like, and what we should be doing. The good news is that you are unique and free to be the very best person you want to be. You don't have to conform to the expectations and images others have of you. No two fingerprints, or clouds or snowflakes are the same and no two people are the same. You were created unique for a reason – because the world only needs one of you to be a perfect place. No one else has your unique view of the world, or your personality or expression of you.

So who is your best self – how does she think, behave, express herself? What are her most admirable qualities? What are the good things she gives to the world?

*You are a strategic piece of the puzzle that makes this world an amazing place. Without you, others would not fulfil their destiny. You complete the thing called life here on earth.*

*These words describe who I would like to be.*

Dream away! Who do you want to be? How do you want to describe yourself? What would you like others to say about you?

Although we tend to see ourselves in the negative light first, it does have a useful purpose. It gives us a starting point from which we can grow! It is if you like, a point of opportunity to change. This book and workbook are part of raising your self awareness so you have a place of beginning the brighter and best you.

One of the mistakes we make about our negatives, is that we equate them with our identity and thus they can affect our self esteem. In fact, they are only character traits or behaviours that need to be matured into goodness. As negatives they do not change our value as a human being, but we are accountable for the traits and behaviours we express through our personalities.

*“First say to yourself what you would be; and then do what you have to do”. Epictetus*

Here are some words you might use that describe a matured goodness in you: *Confident On Time Patient Giving Loyal Considerate Caring Unselfish Reliable Hard Working Helpful Team Player Kind*

Perhaps you would want people to say of you:

*You can count on her – She’s a great friend – Nothing is too much trouble for her – She is one of the kindest people I know*

*The most important thing is that you be the best you can be – not perfect – because none of us can be – just the best that YOU want to be, that makes your soul sing and brings peace about who you are.*

*These are the things that make me happy.*

Sometimes we get so familiar with our day-to-day lives that we forget to celebrate and enjoy the things that make us happy. For some though life is an angry place, or they feel like they don't deserve to be happy. Life can be tough sometimes, but choosing a positive response to these times can make a big difference to our emotional posture.

Happiness and joy are like refreshing showers of rain to our souls. It gives us a window to see hope for our future. It is also like smiling – it raises our serotonin levels (I call it my happy juice). We can rekindle the joy from happy times by remembering when we have felt this way in the past. What events, people, activities, situations have done/do make you happy and bring you joy.

Perhaps these things make you happy: creative art, singing, helping others, sharing some baking, sitting on the beach, spending time with a particular friend, going to the gym or for a walk.

Whatever it is, writing them down cements them in your memory and reminds you that there is always something that brings you happiness.

If you're feeling like your happy/unhappy ration is out of balance, spend some time thinking about what you can do to change that.

- Are there relationships that need to be let go of
- Routines and habits that need to be different
- Is there something you need to do more of
- Do you need to seek some help to draw the best out of you

*These are my dreams for my future.*

Your dreams keep you moving forward. They are the hope for your future and create purpose and vision in your life. No matter what you are doing right now, your dreams are important and you should never allow them to be squashed by others.

'Dreams' can be such a huge and overwhelming word because it can demand more than we are able to give in some seasons of our life. The important thing to remember is that every great thing achieved by men and women through the ages started with an idea, a passion, a dream, or simply by meeting someone else's need. Never despise your dreams. Even now where you're at, there is something you can do to begin bringing your dreams to pass.

When we turn our dreams into goals, strategies and plans they become powerful motivators and action steps that move us forward one step at a time.

Working your dream means that someone else is not creating your life for you. It puts you in charge of the direction you are going in. You can create your own passionate life, finding fulfilment and purpose in all you do.

Write your dreams and goals down, no matter how big or small. Meditate on them, think about what it will require of you to achieve them and then begin.

If you're in your 20's you have a huge advantage. You can take the right steps early on. Most people 50 and over at the moment will tell you not to waste a day or a dollar on meaningless pursuits. No one ever died saying I wished I had spent more time working so I could buy more stuff!

*These are the things I am going to tell myself every day.*

We define our 'self' by the things we think and speak out about ourselves. Those thoughts and statements are founded on our experiences and upbringing and the way we have perceived them, processed them and created new images and beliefs about ourselves.

They can be so ingrained in us that we cannot see how they may be holding us back. They unconsciously become a part of our self talk. 99.9% of the time they are usually based on lies rather than truth. They may be other people's perceptions of us, the 'you should be/or do.....' in our lives imposed by others. We can have painful emotions attached to our self talk and for healing to happen so we can change that, we may need to get help.

Some examples of negative self talk might be:

- *'I'm so dumb, I can't do anything right'* – the truth is that there are things you can do right, you're not perfect, you are better at some things than others are. You have probably made a mistake somewhere in the past and it has become a defining thought about yourself.
- *'I'm never going to get the job that I want'* – the truth is that we can always become more qualified, better equipped, more empowered so that our chances of getting the job we want increase dramatically. (Think about what may be the real reason you think this and then take steps to change it).

Writing down positive affirmations about who we are and want to become speaks into our soul and our emotions and brings life.

*These are the things I am grateful for.*

Gratitude is a powerful tool and force we can use in our lives to completely change our perspective on our circumstances.

- It builds us up on the inside
- Changes our view of the world and people
- Celebrates goodness and dispels darkness
- Moves us forward out of stuck thinking
- Recognises the 'gems' in our life
- Brings happiness into our lives, and reduces anxiety
- Makes us more resilient
- Strengthens our relationships
- Promotes forgiveness
- Develops more compassion and helpfulness in us
- Changes our thought patterns

Robert Eamons writes, *"First it's an affirmation of goodness. We affirm that there are good things in the world, gifts and benefits we've received.....He goes on to explain, "we recognise that the sources of this goodness are outside of ourselves. .... We acknowledge that other people – or even higher powers, if you're of a spiritual mindset – gave us many gifts, big and small, to help us achieve the goodness in our lives"*.

There are always things and people we can be grateful for. Even the most needy on the streets have things they are grateful for. The power is in expressing them. Our words are creative when we speak them out. They create the atmosphere around us and dictate to our thoughts.

Write your gratitude list down and revisit it every day. There will always be additions to the list. Look for the change as you practice this.



*These things are important in my life. They are the values and principles I want to live by.*

Deciding what the values ('rules' or 'bottom line') is that we want to live our life by, protects us against 'going with the crowd' and compromising those values which then causes deep conflict and unhappiness in us.

These are examples of values. They are aspects of your life and the way you live it that are important to you. They will be reflected in the relationships you have, the choices you make, how you express who you are, and your character and reputation. Not knowing what values we want to live by means we may choose to listen to the loudest voice around us. This is what peer pressure does when we are younger.

*Family loyalty, Integrity, Fairness, Loyalty, Honor, Independence, Faith, Hard Work, Concern for Others, Honesty, Adventure, Privacy, Trustworthiness, Respect for Others, Service to Others, Stability, Timeliness, Tolerance, Truth, Unity.*

There are many others, but this gives you an idea.

*An example of compromising our values would be agreeing to tell lies about a situation to help someone else out of trouble, when honesty and truth are important values to us.*

We can also find values in our family e.g. sitting down together at meals is important. Businesses, organisations, groups we belong to will all have values. Very often they are unspoken as few people rarely take the time to decide what values they want.

Taking the time to decide on your values is an important exercise that will bring greater harmony and focus into your life.

*I want the people in my life to have these wonderful traits.*

There is a proverb that goes like this: 'You become like the people you hang out with'. How true we know this to be. Who we spend the majority of our time with is so important. They can become the shapers of our future if we allow them to have influence over us.

They can influence our values and decisions, and even dictate our actions.

There are of course people we can't keep out of our lives (such as family) unless we are forced to for our own emotional or personal safety. On the opposite side, there are people we can bring into our lives and partner with who make us better people.

So this question is for you to think about the characteristics of the people you want in your life. Think about people you admire, or want to be like.

- How do they live their lives
- What values can you see they live by
- What is their personality like
- What are their values
- What character traits do they exhibit e.g. kindness, honesty
- How do they behave towards others
- How do they speak about others

Like our values, deciding early what kind of people we want in our life, is important. It will have a major impact on our future.

*I want to make a difference in the world by....*

You can be a nation changer, or someone who changes the world one person at a time. By big deeds or simple encouraging words you can make an impact and make the world a better place.

We're all born with passion/s inside of us that motivate us to fulfil a life purpose.

*'When you discover your mission, you will feel its demand. It will fill you with enthusiasm and a burning desire to get to work on it'. W. Clement Stone*

We might have a passion for the needy, and we express it through activism on their behalf. We might have a passion for youth and express it through sports. You might have a passion for women and express it through a health and wellness business. Whatever your passion, it is the driving force for you to impact the world in some way. You are and always have been strategic to someone else's story and destiny. We all need each other.

Some good questions to ask yourself would be:

- If there was a problem in society I could solve what would it be
- If I had no financial limits, what would I spend my time doing
- If the person I want to help is standing in front of me, where do they live, what is their biggest problem.

As you write these down, be aware of your thoughts. Don't put any limits on yourself. Reach for your dreams and goals.

*These are some other thoughts and ideas I've had about me and my life.*

## *Summary*

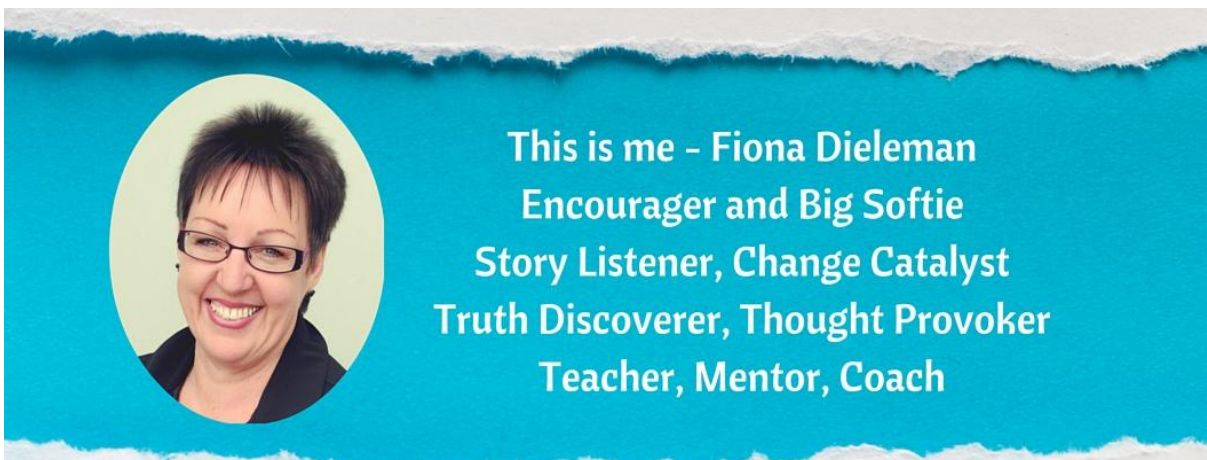
I hope this book has helped you recognise what an amazing person you are. You are unique in every way, with a huge amount to contribute to the world and those around you.

Perhaps you would like to go deeper into your journey of discovering who you are and what you can do to live a richer and more purposeful life. Perhaps you just need that ongoing daily inspiration to keep you moving forwards.

You can be an ongoing member of the FionaDee community in several ways:

- Taking advantage of our personal one to one [coaching](#)
- Regularly reading our [blogs](#)
- Taking advantage of other life changing learning available through our [shop](#), including 'Confident Communication'.
- Receiving our regular [newsletter](#)
- Becoming a part of our [Facebook](#) Community

## [About Fiona](#)



A note from Fiona:

This little book is special to me. I created it to help you to discover the goodness inside of you. It's not an expensive book and your purchase enables me to create others. Please help me create future resources by respecting my copyright and not sharing it. Thank you.

Fiona Dieleman, [www.fionadee.com](http://www.fionadee.com), 2016