

# Who Am I Really?

Most conversations we have remain on the surface. We talk about what we do, what we have and what we plan. Rarely do we speak about who we truly are. These seven questions are an invitation to honest self-encounter. Take your time — write down your thoughts without censoring them.

## Question 1: What would I do if I knew I could not fail?

Our deepest desires are often buried beneath layers of fear and doubt. What is the core of your desire? Is it about recognition, freedom, expression?

## Question 2: What role do I play most often in my life?

Are we the rescuer, the victim, the doer, the invisible one? Which mask do we put on in the morning? How much energy does it cost to maintain this mask?

## Question 3: What do I avoid feeling at all costs?

Our avoidance strategies often determine our entire lives. Is it the fear of rejection? Of losing control? Of our own greatness?

## Question 4: When do I feel most alive?

Remember moments when time stood still. What were you doing? Who were you with? These moments are signposts to your true self.

“Be the creator, not the spectator of your life.  
Follow your inner compass.”

### Question 5: Whose life am I actually living?

How many of your goals and beliefs have you adopted without questioning them — from parents, society, your environment? Which of them truly belong to you?

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### Question 6: What would change if I stopped pretending?

Imagine you were radically honest from tomorrow — with yourself and with others. What would happen? Who would stay? How would you feel?

### Question 7: What is my deepest pain and what is my greatest gift?

Often pain and gift lie close together. Our wounds are frequently the source of our greatest strength. How can you transform your pain into something transformative?

*"Whoever truly meets themselves no longer needs a mask."*

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