

HOW TO KNOW WHO YOU REALLY ARE

Practice Guide for [Episode 18](#) of Simple Spiritual Practices.

The Practice: Name and identify some things that you ARE, and some things you are NOT in order to show up in the world as your true and authentic self.

1. On a piece of paper, draw a circle, leaving some space on the outside as well. The circle represents you, who you are. The OUTSIDE of the circle represents NOT you, the things that are outside of who you are (as it relates to personality and how you're wired).
2. As you do this practice, ask God to show you how HE sees you.
3. Inside the circle, write down some words that come to mind when you ask yourself: What is true about me?
4. Outside the circle, write down some words that answer: What is NOT true about me?
5. Allow this exercise to help you let go of who you think you SHOULD be, and walk in the freedom of who you actually ARE.

For more tools and resources to help you discover steady and sustainable growth through simple spiritual practices, visit lindsaysterchi.com.