

## Knowing you: Knowing Them: Knowing Us – showcasing our 3 selves

The 3 are the person we:

- **pretend to be – sometimes called our adapted or learned self**
- **are afraid we are, our negative self-image**
- **love to be - our authentic self, our real self, our natural self.**

Making the choice to shift position from driven to driver creates space for amazing things to happen.

When our real self is driving there is more ease, more fun, more you in your life.

**Pretend Self - the image we project to the world:**

- How do I like to be seen?
- What aspects of my personality get noticed first?
- What is most important that everyone knows about me?
- If life is trying to prove something about me, what is it?

**Negative self-image – who we are afraid we are:**

- What secrets would be discovered after I died?
- Who is my least favourite person and why?
- What is the payoff keeping our self in this space?

**Authentic Self:**

- Who I really am feels like?
- Who I am when no-one is looking is?
- If it was safe, what would I do?
- Who would I be if I lived beyond fear?
- What are my natural abilities?
- When do I feel, metaphorically, the slipper in Cinderella fits perfectly?

A great start is to become aware of which self we are inhabiting, giving permission to be centre stage, hiding behind?

The next step is to consciously choose which of our 3 selves we choose to showcase. AND whichever we choose what is the payoff?