

Invitation to Discover - How I Show Up

I'd like to offer an invitation to take a self-inventory and discover how you show up across different areas of your life. I have shared a series of thinking|reflecting prompts for you to consider as you explore the many facets of who you are and how you navigate the world around you.

A few ways to consider this self-inventory or ways to reflect upon yourself is to visualize and ask yourself:



I've included a video, as an example, which may help to illustrate we hold many characters within us. The objective is to identify and understand the various voices or characters that hold a seat at our table. The more we understand what each of these characters or voices need and want, when they are helpful, and how they can be an obstacle for us we will further understand how to turn towards them vs. turn away, ignore, or try to remove them from the table.

Link: [Characters @ Our Table](#)

Questions | Prompts:

How Do I.....

- Respond to conflict/disagreements/triggers?
- Express my limits when I've had too much and exceeded my capacity for the moment/situation?
- Forgive others for their actions? Model compassion?
- Use my strengths and superpowers to my advantage?
- Give in to my own personal "junk food" habits/behaviors?
- Take care of myself? Recover? I.e., Self-Care
- Set boundaries? For myself, others, professionally, etc.
- Practice my life skills? My habits?
- Build confidence in myself?
- Trust myself? Others?
- Judge others when they make mistakes?
- Connect with others physically, emotionally, and mentally?
- Grieve the loss of a job, a mistake, a close friend/family member, etc.
- Recover from a challenging moment/situation/day?
- Share my emotions? Am I a Tsunami? a Wave? an Island? or Desert?
- Transition from one activity to another? From work to home? Task to task?
- Identify I am happy about this or that...
- Motivate myself internally?
- Use external factors to motivate me?
- Experience success? Experience failure?
- Know when I have been hurt or experienced loss?
- Recognize where and when have I hurt others?
- Help others? Ask for help?
- Translate what I need or want?
- Share intimacy? I.e., touch, gestures, actions, etc.
- Feel threatened, scared, or disrespected?
- Recognize when I am accepted? When? Where? Who?
- Recognize encouragement? When? Where? Who?
- Receive attention that I am thirsty for? If so, by whom...When? Where?
- Know when and what I am afraid of?
- Get angry? And how do I express it?
- Communicate what I am upset about?
- Know I am appreciated? If so, by whom...When? Where?
- Receive affection? Do I want it? If so, how do I?
- See friendship? What do I expect?
- Show up as a friend?
- Know what is unique about me?
- Recognize my limits? What are my "margins?"
- Take risks? Learn?
- Feel when something excites me?
- Feel the emotional knots in my body? Where do I carry my stress? my hurt? etc.
- Recognize what I may be ashamed of? Carry regrets?
- Play? As an individual and with others...
- Recognize what I feel in my body