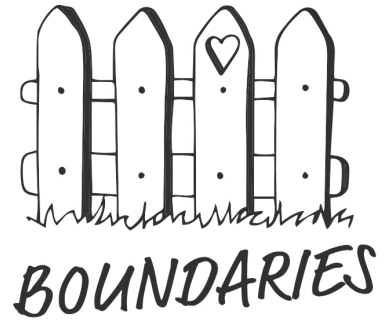


Activity 6.4

Who are you going to be?



If you're going to set a standard for yourself in life so that you live it on your terms - who you're going to be, what values you're going to live by and what behaviours you'll accept from yourself and others - then you need to articulate what that standard is.

By writing it down and being able to refer to it, you'll be able to hold yourself true to it's contents.

Before you write the statement, think about answering the following:

- What values do you most want to exhibit in your day-to-day life?
- What do you want to be known for/people to say about their experience of you?
- What behavioural standards are you going to set for yourself? What will you accept? What won't you accept from you?
- What treatment and behaviours will you expect from others? What won't you tolerate? How will you handle bad/toxic behaviours to ensure you remain true to your standards?
- How do you want people to feel when they have interacted with you? What energy do you want to live within and exude to other people?

You might also want to look at the **Eight Key Life Areas** (you can find these at www.carolynhobdey.com) to ensure you consider all parts of your life.

Now write a statement that is really meaningful to you, starting with:

From today I am going to be a person who...