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WHO AM I?

The following is an exercise designed to help you to start the process of finding out who you are. Yes, who you really are deep down.

What defines you? _____

What makes you unique? _____

What is it about you that makes you an individual? _____

List 5 values that are rock solid ... you will never compromise these values for anyone or anything.

1. _____

2. _____

3. _____

4. _____

5. _____

List 5 secondary values that are also important but you can be flexible with them.

1. _____
2. _____
3. _____
4. _____
5. _____

List 5 traits, values or behaviours of your parents or a primary caregiver that you admire.

1. _____
2. _____
3. _____
4. _____
5. _____

List 3 achievements of which you are proud, where you feel that you were being true to yourself.

1. _____
2. _____
3. _____

List 5 traits, values or behaviours of loved ones, or work colleagues that you find annoying.

1. _____
2. _____
3. _____
4. _____
5. _____

Now is the time to dream ... list 5 things that in your wildest dreams you would love to do ... but "nah ... it's only a dream."

1. _____
2. _____
3. _____
4. _____
5. _____

Now list the things that are stopping you from realising those dreams:

1. _____
2. _____
3. _____
4. _____
5. _____

List 5 people who you either know, would have liked to have known, or maybe they have a place in history that makes them admirable. And why are they are on your list?

1. _____
2. _____
3. _____
4. _____
5. _____

Fast forward way into the future. You are on the verge of taking your last breath. You have the opportunity to write your own obituary. How would you like to be remembered? What are your life's golden achievements?

1. _____
2. _____
3. _____
4. _____
5. _____