

Welcome to  
the journey  
of finding  
your true  
self



“Everything in the universe is within you. Ask all from yourself”. - Rumi

---





It takes courage to start a journey of self discovery. I truly applaud you for taking time out of your busy schedule to invest in yourself.

The purpose of these questions are not to get an immediate answer. If you get an answer now, then great. But the intention is to provoke your thoughts and let it build up to the answers.

As the great poet Rumi says, “you already have exactly what you need to do this thing called life.” The only problem is, we have not been listening to ourselves.

So as you ask yourself these questions, let it sink in and then wait. In my experience some answers come immediately, while others come a day later and even up to a year later. The main effect received from asking yourself these questions everyday, is getting to know who you are and what you want.

---

## **How to put the questions to action:**

Take cards or post notes. On each card, write one question. Place the card in a place you know you can see everyday e.g. In-front of your mirror, on your fridge etc. Read them at least twice a day. When you wake up in the morning and before you go to bed.

---




1. Who am I?
2. What do I truly want?
3. What's my purpose in this life?
4. What sort of impact do I want to make in life?
5. What are my unique skills?
6. Who are my mentors?
7. What does a meaningful relationship look like? What are my expectations and what can I give?

## 7 QUESTIONS THAT LEAD YOU TO FINDING YOUR AUTHENTIC SELF

(insight by Deepak Chopra)

---





This my dear is a journey. It is not a destination. Do not expect answers immediately. Enjoy reading the questions and letting your mind think about the answers.

If you want to share or discuss your answers, just contact me on my contact page.

Thank you for taking the time to invest in finding your Authentic Self.

Enjoy the ride.  
Ceri

---