

3. What character are you playing

If you think about your life, like it is a movie, then, what role or character are you playing

If I was your understudy and I needed to understand the subtleties of your character and personality, how would you describe them so that I can play your part if you are unavailable?

Q. As it stands currently what would you call the movie you are living in and playing the leading character in?

Q. What is your story all about?

Q. What are you scared of?

Q. What are you passionate about whether you have admitted it before or not?

Q. How do you spend your time, what is a standard week like for you?

Q. What is your predominant mood for example, am I usually feeling nervous or intense or chirpy or positive or anxious?

Q. What do you do in your spare time?

Q. What is your approach to exercise and self care?

Top job getting this far. You must be starting to see yourself in a bit of a new light by now. If you are struggling, I strongly encourage you to keep going. Stick with this and push your mind beyond the points where it naturally wants to throw in the towel. Wrangle that brain into submission!

Q. Who do you dislike and why?

Q. Who is your favorite person and why?

Q. What is your favorite thing about your own character?

Q. What don't you like about yourself?

Q. What is your best piece of advice?

Q. How do those that know you best describe you?

Q. What would you change about your story/movie if you could?

Q. What insights did you gain from this exercise?

Q. How can you make use of that insight?

Q. Where has this character held you back from your true desires or purpose or potential?

Write out the sentence that describes the character you are currently playing and then describe the character you would ideally love to play in your life. What do you need to do differently in order to achieve this transformation?