

IT'S NEVER TOO LATE TO DECIDE WHO YOU WANT TO BE!

In the course of our lives, we get an idea of who we think we are through our own experiences, the culture in which we grow up, but also through the attributions of others. But is that really who we are or is it worth taking a closer look? Who do I really want to be? What are the different parts of me and which ones do I want to live? Which ones have I perhaps simply taken over and make me feel uncomfortable?

It is never too late to decide who YOU want to be!

DIFFERENT PERSONALITIES RESIDE IN US: Maybe there is the adventurous and fearless one as well as the one who doesn't like to stand in front of big crowds and talk. Or the "driver" who wants to get where she wants to go as quickly as possible and rarely stops to enjoy herself, and maybe this part meets a defiant girl in us who doesn't like that at all...! It is perfectly normal to unite different parts of ourselves, which can also be contradictory. However, this is exactly what makes it not always easy to be in harmony with oneself and to know what is exactly right for oneself.

Here, time to reflect and patience with oneself can help:

WHAT ARE PHRASES THAT I HAVE PERHAPS ONLY ADOPTED BECAUSE SOMEONE HAS SAID THEM ABOUT ME OR TO ME?

WHAT PARTS DO I PERCEIVE THAT ONLY SOUND VERY QUIETLY INSIDE ME?

WHAT HAPPENS TO ME AGAIN AND AGAIN IN PARTNERSHIPS, FRIENDSHIPS OR AT WORK AND BURDENS ME?

The good thing is that you have it in your own hands! YOU CAN TAKE BACK THE HELM!

To get to this point, it can be useful to CREATE AN EGOGRAM to BECOME AWARE OF YOUR DIFFERENT PLAYERS. What are perhaps adopted parts and where can I also find STRENGTHS of myself in rather negative stories? In the next step, a CONSCIOUS redistribution of your PERSONALITY PARTS and a CHANGE in your SELF IMAGE to the POSITIVE can take place:

- Which parts do I want to give more space to in which situations?
- What do I perhaps want to dare to do more?
- New and above all loving perspectives on your life can be opened, which help you to see your history in a new way and make it easier for you to shape your future positively.

Only by becoming conscious can you break out of your unconscious behaviour patterns and become the person you want to be.

I would be happy to accompany you in this process!