



# LIFE COACHING

CERTIFICATION  
PROGRAMME

*Getting to the Core  
of Who You Are*

Created By Kain Ramsay

## GETTING TO THE CORE OF WHO YOU ARE

**'Most people spend their lives attempting to be somebody they aren't, but the real power comes from accepting the truth of who you are and running with it to the very best of your ability' - Kain Ramsay.**

Getting to the core of who you are is like getting to the heart of an apple. The apple will never be the best and highest expression of itself (in its current form) because there's a tree inside of each apple in the shape of a seed. This seed needs to be released, and it needs to be transformed!

Use this worksheet to begin filling in the blanks and define the truth about who you genuinely are. Start off by defining the things that YOU DO in life:

—————  
WHAT YOU DO  
—————

## GETTING TO THE CORE OF WHO YOU ARE

**'Most people spend their lives attempting to be somebody they aren't, but the real power comes from accepting the truth of who you are and running with it to the very best of your ability' - Kain Ramsay.**

Now take some time to fill in the blanks about HOW you are you (your attitudes, behaviours, preferences and styles):

HOW YOU'RE YOU

## GETTING TO THE CORE OF WHO YOU ARE

**'Most people spend their lives attempting to be somebody they aren't, but the real power comes from accepting the truth of who you are and running with it to the very best of your ability' - Kain Ramsay.**

And finally, now take some time to begin filling in the blanks about WHO you truly are (not what you do or how you are you!)



WHO YOU ARE!