



LIFE COACHING

CERTIFICATION
PROGRAMME

*The Visual DNA
'Who Am I Quiz'*

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THE VISUAL DNA 'WHO AM I' QUIZ

There is a secret relationship between who we believe that we are and how we relate to others!

What we do in life is often determined by who we think that we are, therefore, how we see ourselves will often determine how we conduct ourselves around other people.

Growing to become secure in our identity will influence the way we behave and conduct ourselves with other people. For example, if we see ourselves as Catholic, then we will act and behave in a way that compliments our beliefs of how a Catholic should act and behave.

However, the danger is that if we choose to underscore and place a higher value on what we do rather than who we are, we might find our identity through what we produce, create, or through the results that we get.

If we find our identity through our results, for example, we might see ourselves as a Ph.D. a life coach, a CEO, a manager or a leader, etc.; we stand the risk of putting more emphasis on the role that we have than who we actually are.

As a consequence, we find our self-esteem through the different roles we play at home, at work, or in the community in which we belong.

As such, we tend to relate to others according to the role we play. For example, if I was to see myself principally as a doctor, then I might regard the others in my life as patients, therefore, talk to and communicate to them as patients.

This principle also works the other way round, as how we view a person in their role or position can determine our relationship with them also. If we see a person as our superior, then we hold the person with respect and a certain amount of fear due to their level of perceived authority over us.

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So how we see a person will determine our sentiments towards that person very much. If you're a doctor, hopefully when you return home, your children will see you as their parent.

Or, if you are a life coach and you come home to your family after work, then hopefully you will forget your role as a life coach and simply be a father or mother. However, this isn't always the case and is, therefore, a fundamental reason as to why inequality enters into so many relationships.

The link in the Additional Resources section will take you directly to The VISUAL DNA 'Who am I?' test where you can get started right away.

Take time to answer the questions as honestly as possible.

Upon doing so, you'll gain further clarity into 'Who You Are' before we move on to explore personal values.

Understanding yourself from the inside out, and getting to the core of who you actually are will help you build a solid foundation that you can build upon moving forward into the future.



http://you.visualdna.com/quiz/whoami#/quiz?utm_source=WAI-button-VDNA