

TRICIA ZODY
Another Beautiful Life
PODCAST GUIDE

This guide is intended to be used as a complement to my podcast “Another Beautiful Life.” It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

Episode 81 - When You Have To Reinvent Yourself: Who Am I?

The first step to reinventing yourself is to get to know yourself. Ask yourself questions, just like I did, to bring awareness of who you truly are, what brings you joy, what is your driving purpose? And what are the things you don’t like? Be sure to ask yourself *why* you like or don’t like these things. Really dig into the “why” because it’ll bring some good awareness.

Use this space to write down the things that bring you joy, the things you like, and the things you don’t. Don’t forget to give the reasons why!

The second step to reinventing yourself, which is an extension of this self-awareness, is to find out what you think about yourself, and what you think others think about you. Finish these thoughts out, in bullet points or paragraph:

1) I am... [Avoid the obvious: A spouse, parent, sibling, friend, etc. Instead, who are you on the inside?]

2) I am not... [Again, avoid the obvious. Who are you NOT on the inside?]

3) I've always struggled with...

4) I've always been good at...

5) People would describe me as... [How do you think others see you?]

6) I am known for... [If someone mentioned your name, what would they say about you?]

7) If I had to give up _____ I would be nobody.

8) My life's purpose is...

9) My wildest dream for my life is...

10) The thing I must avoid at all costs is... [For example: Embarrassment, Financial bankruptsy, Being alone]
