



3 Reasons You'll Never Find Your True Self

This worksheet will inspire you let go of the desire to find your true self and encourage you to focus on personifying your core values instead.

What is your core value?

Not sure? Copy this into your browser for some guidance:

<https://theexpectationgaps.com/core-values-questionnaire/>

What are some things you have learned through observational learning in your adult life? By taking on different roles?

How did learning in this way affect your behaviors? Did you start copying the behaviors of those you were learning from? What roles did you play (are you playing)?



How did you feel playing those roles? Stressed? Anxious? Calm? Confident?



Did these roles help you personify your core values, or did they go against your core values? In what ways?



You just identified the reason you felt the way you did in this role.

What aspects of this role will help you continue to grow personally? To personify your core values? The aspects of this role that you want to integrate into your life.



Name a few significant changes you have gone through in your life. Physical, emotional, financial, moves, job changes, etc.



Can you identify something about yourself that has remained constant through all these changes?



Does that "thing" match up with your core value?
If not, maybe you've uncovered your actual core value.
If so, that's the part of yourself you want to personify every day.

Can you think of any "great sacrifices" you've made in your life? Or something you're willing to sacrifice now?



What did this sacrifice teach you about yourself?



Or, if you haven't made the sacrifice yet, what makes you willing to do so?



Do your answers lead you to your core value? Is this a part of yourself that you want to personify?



Now, go back through all your answers, and you'll probably see a common thread between them. You've now gotten a glimpse of your "true self."

What's one daily habit you can implement to personify this true self or core value every day?

