

# How do I want to be?

- Published on January 3, 2023



*With this newsletter I am excited to share with you matters I care about, hoping that it will inspire you to reflect, act and develop greater confidence and self-awareness in your roles. **Because the most important relationship in our life is the one we have with our Self!***

***2023 may you be....***

Cheers to the new year and all the new adventures it holds for us 🥂

"...our journey onward,  
regardless of where we are,  
can always be  
a delicious surprise.  
Sometimes with pain,  
Sometimes with excitement,  
But always with new possibilities  
for ourselves."

Virginia Satir

*Let's begin with two announcements,*

On the 20th January a new small group will begin the Neurolinguistics Practitioner program, live in Vienna and online. You can read more [here](#). Since I got sick with Covid in the last week of 2022, I didn't manage to properly tell you about my holidays gift for you. Therefore, I decided to extend the special offer through 7th January. So, if you were hesitating, now is the time to make that decision to register and grab your 30% discount! Choose for yourself. Contact me directly.

Plus, an online workshop on learning how to set outcomes that will help you achieve whatever you want in life. Register [👉 here](#)



The advertisement is a yellow rectangular graphic with a white border. At the top left is a small logo for VIA NLP. The main text is centered and reads: "When your conscious and unconscious mind are aligned, you can reach whatever you want in life." Below this is the word "WORKSHOP" in large, bold, red capital letters, flanked by two sets of three orange chevrons pointing towards each other. Underneath "WORKSHOP" is the text "IMPLEMENT YOUR GOALS CONSISTENTLY & REACH ANY PEAK YOU WANT IN LIFE!" in bold black capital letters. At the bottom left, it says "10 JANUARY 2023", "17-19H (CET)", and "ONLINE" in bold black capital letters. At the bottom right, there is a red ribbon graphic containing the text "SPECIAL OFFER" in white capital letters, and below it, "ONLY 78 EUR" in bold black capital letters.

## **New Year, New Me**

Such a cliché, right? We've said it so many times, and as many times we've felt like we have returned to the same old me. But, have you ever wondered how same is the "same old me"? Is it really the same, or something is different? **Are we really returning to our old identity?**

**Who am I? Our sense of self.** Identity - it is a noun. Do you think our identity is a static thing like nouns? Or you feel it is more on the side of motion, like a verb? My mentor, Carmen Bostic St. Clair, once said she likes to think of Identity as a butterfly - constantly changing, in motion, alive! It is everything, but static. **It is constantly evolving.**

What am I made of? What makes me, me? Our physical, cognitive and spiritual self. All of the experiences and memories, behaviours, skills, beliefs, values, attitudes. Our relationships, too. The way we perceive ourselves, how others perceive us and how we think others perceive us. The story we tell ourselves! **All of it makes up our identity, which dictates the choices we make.** It is such a complex thing! We can have multiple roles inside an identity - such as a daughter, sister, teacher, leader, friend, partner, lover, writer... "and each role holds meaning and expectations" that are internalized into (our) identity.

*Identity continues to evolve over the course of an individual's life."*

I believe that we are the ones who are the creators of our identity. And, our identity is shaped in correlation to our relationships with others. So, this January, for the beginning of the new year I'd like to invite you to explore:

- What meaning do I give to my roles?
- Which expectations do I hold for myself in those roles?
- Which expectations do I hold of others?

... then think of, not "Who do I want to be?" - you know who you are! - but,

- **How do I want to be?**
- **What do I want to bring to the world?**

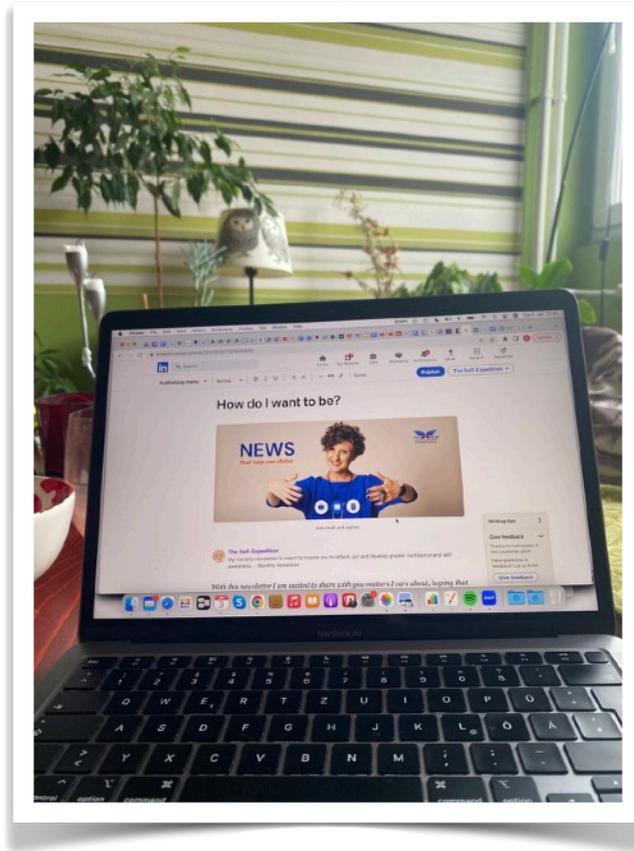
Decide today, as you are reading this! Because real change happens when we change on identity level. When we show up differently, we open the possibility for breaking the chain of old patterns. As Carl Jung said:

*"I am not what happened to me, I am what I choose to become"*

*To close,*

My message for the month of January is:

***I am who I am. Not more, and not less.***



**Conversation starters:**

(Inspiration and Information Sources)

**I'm reading and watching:**

- [A New Earth](#) by Eckhart Tolle
- [Triangle of Sadness](#), Ruben Östlund's wickedly funny Palme d'Or winner
- [Terry Real](#) on self-esteem and depression