

REWRITING OUR STORY

Many of our deepest beliefs about ourselves come from our family. Our family teaches us what they expect us to be good at, which personality traits they value, which behaviors they approve of, and—most critically—whether or not we’re fundamentally lovable. By the time we reach adulthood, we have a pretty clear idea about who we are—or, at least, who we’re expected to be. But does that expectation match the reality of our innermost dreams, talents, and ideals? Not always.

Mindfulness offers a way to cut through the mental clutter of family expectations and discover who we really are. We become aware of our thoughts. We learn to ask ourselves, “Is this true?” And by quieting our mind, we begin to write a new chapter in our life story—one that embraces our authentic self.



*It takes courage to grow up
and become who you really are.*

—E. E. CUMMINGS

Complete the following sentences by adding as many words as you like. You may choose words from those clustered below or use words of your own.

1. My family expected me to be _____
_____.
2. My family valued _____
_____.
3. I always wanted to be _____
_____.
4. Some things I value are _____
_____.

