

What is your essence? It's "who you are without trying". You are learning advanced techniques for identifying and describing your essence or your true nature! You will know yourself better than you ever have before!

Your Essence or True Nature is "who you are without trying." For example, sometimes we see ourselves as hard-working, practical or responsible, but that is a learned behavior, not the core of who we are.

Instead we are looking at our soul. Some examples are:

Loving, kind, funny, warm, sweet, smart, curious, happy!

As you think about who you really are, remember, you are not your career (we will discuss this later). You are not your interests.

Think of what you were like as a child, before the trauma, before the disappointments and before the responsibilities of life kicked in. Little kids are happy because it's Thursday! They are being kids!

For this exercise, we're looking deeper at "who you are" and how you express your true nature. Your soulmate will connect with you at your essence and will really "see" you.

You need this clarity and the ability to articulate your essence in order to attract your perfect match.

Step 1

Revisit your Reality Check, where we discussed your essence- your true nature, who you are without trying. Write down all the words, and add any new words that you want to add to what your essence is.

Step 2

WORKSHEET

Narrow your list down until you get to the 5 parts of your essence that get to the core of who you really are..

1.

2.

3.

4.

5.



Step 3

WORKSHEET

Describe as vividly as you can, how each one of these “expressions of your essence” manifests itself in your day-to-day life.

If you chose “generous”, being generous can be subjective, it can mean different things to different people.

To be super clear, you might share that “Every Sunday, I volunteer at the humane society matching dogs with new families” or “I love to help organize charity events for foster kids.”

Express in detail what this looks like. We’ll use these words and descriptions when you create your Summon Your Soulmate Dating Profile in Dating Camp to invite in the right one for you!

1.

2.

3.

4.

5.

