



## CLARIFY AND ARTICULATE YOUR ESSENCE

**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.

As you look at the list below as a starting-point, think about who you really are. You’re not your career (we will discuss this later). You’re not your interests. Think of what you were like as a child, before the responsibilities of life kicked in.

For this exercise, we’re looking deeper at “who we are” and how we express our true nature in the world as that is the part of us that will connect with our soulmate. Many times we just have a basic sense of ourselves, but I’ve found many singles don’t have a clear and fully developed sense of their essence and instead are focused on ways that compensate.

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

**01** Circle the expression of Your Essence that most resonates with you as your true nature and sense of self: the personality traits that most resonate with your sense of yourself.

Adaptable	Curious	Grateful	Joyful	Sensitive
Adventurous	Daring	Helpful	Kind	Serious
Brave	Dedicated	Honest	Laid-back	Sensual
Calm	Disciplined	Humble	Loyal	Shy
Caring	Dynamic	Idealistic	Nurturing	Sociable
Compassionate	Empathetic	Independent	Open	Spiritual
Confident	Expressive	Industrious	Optimistic	Sweet
Considerate	Exuberant	Innovative	Outgoing	Sympathetic
Contemplative	Fun Loving	Intellectual	Passionate	Warm
Courageous	Funny	Imaginative	Playful	Witty
Creative	Generous	Intuitive	Resourceful	Worldly

**02** Narrow the list down until you get to the 5 traits that get to the core essence of who you really are. List them below.

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

When creating an amazing profile, we avoid “lists” and instead we “show, don’t tell.” Lists are boring and hard to understand clearly. If you chose Generous, Being “Generous” can be subjective, it can mean different things to different people.

So to be super clear, you might share that “Every Sunday, I volunteer at the humane society matching dogs with new families, and I love to help organize charity events for foster kids.” By making it clear and real, others can get a real sense of you and who you are.

Do you express your generosity by volunteering at a soup kitchen, or give charity to the needy? Express in detail what this looks like. When creating an amazing profile we want our perfect match to really see how we live and who we are so they can actually see themselves in our lives.

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