



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** Revisit your Reality Check (in Module 4.2 of Finding the One) for your answer to follow question:
What is your true essence or nature? How do you show up in the world that's the real you without trying or compensating? (i.e., happy, curious, smart versus loyal or hardworking that are ways you learned to be).

1. _____

2. _____

3. _____

4. _____

5. _____

02

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.

1.

2.

3.

4.

5.