

Check this out:

<http://www.iamnext.com>

SELF IDENTIFY

~ what makes you tick?

Do you try to act a certain way to get other people to like you?

If you do, aren't you really hiding who you really are? Do you know who you really are?

Knowing yourself — including the positives and the negatives — is important. It is imperative that you give yourself downtime to reflect on your life, think about what things are most important to you and listen to your heart.

Ask yourself:

- Do I like what I am studying?
- Am I doing this for me or for someone else?
- Do I really tell the truth? Or do I say what others want to hear?
- What kind of career do I want after graduation?
- Am I doing what I want or what others think I should be doing?
- What am I good at?
- Am I happy with the people I date or hang out with?
- Do I enjoy my friend's company and do we have a mutually respectful relationship?
- How do I think other people perceive me?
- Am I a good friend?
- Am I good to myself?
- Do I like myself and treat myself with respect?
- Do I like my friends and feel comfortable with them as people?
- Can I depend on myself?
- Do I tell myself the truth?
- What would I like to be doing in 10 years time?

Don't be harsh on yourself; these questions can be hard to answer. Take your time and reflect on your life and what you are doing. Finding yourself is a journey that takes a lifetime. Enjoy the trip and learn from your experiences.