

# Personal Reflection Exercises...

## I am who I am when no one is watching.



### **I am who I am when no one is watching.**

The true definition of who I am is determined by my actions in the absence of others. Who I am when no one is watching speaks volumes about the true intentions of my heart.

To be honest with others, I must first be true to myself. Therefore, the image I portray in front of others is the same that exists behind closed doors. What I say, what I do, and what I think remains unchanged when I am by myself.

A life lived with transparency brings honor to me. Integrity causes me to enjoy a life free from secrets and shame. My trustworthiness has won the respect of many others.

I act the same in front of others as I do when I am on my own because I have nothing to hide. ***I am at peace with who I am without needing the approval of others.*** Loving myself frees me to live life unconcerned about others' negative opinions.

### ***My friends learn to be true to themselves by watching my example.***

What I preach publicly, I practice privately in my home. My character is reflected by my private actions even more than by what I do in front of others.

I practice transparency because my values demand that I govern myself accordingly. By being crystal clear, I eliminate the stress, distractions, and negativity that accompany a life of deception.

Today, I choose to be honest with others and myself by living a single life. I am who I am when no one is watching because I live for myself and not to please others.

### **Self-Reflection Questions:**

1. Is my life the same privately and publicly?
2. Do I practice what I preach?
3. Are my values reflected in my actions?