

Exercise table to cultivate a flexible identity and open

Exercise, objective and instructions



1

THINKING ABOUT LABELS

Awareness of self-imposed labels

Identify five labels or roles that you typically identify with. Then, consider their validity and relevance in your current life.

2

EXPLORING CORE VALUES

Clarify your core values

List the values that are most important to you in life (for example: honesty, compassion, freedom) and explain why they are significant to you.

3

BROADER PERSPECTIVES

Open your mind to new ideas

Choose a topic or opinion on which you have a strong opinion. Look for different perspectives and think about how they could enrich your understanding.

4

PRACTICE OF SELF-COMPASSION

Cultivate self-care

Spend five minutes each day practicing self-compassion. Positive affirmations are a good start!

5

JOURNALING ON THE IDENTITY

Explore and document your identity journey

Keep a journal in which you explore your own identity, noting key moments in your life when you have experienced a change or evolution in your perception of yourself.

Thinking about labels

Identify five labels or roles that you typically identify with. Then, consider their validity and relevance in your current life.

1

2

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Exploring core values

List the values that are most important to you in life (for example: honesty, compassion, freedom) and explain why they are significant to you.

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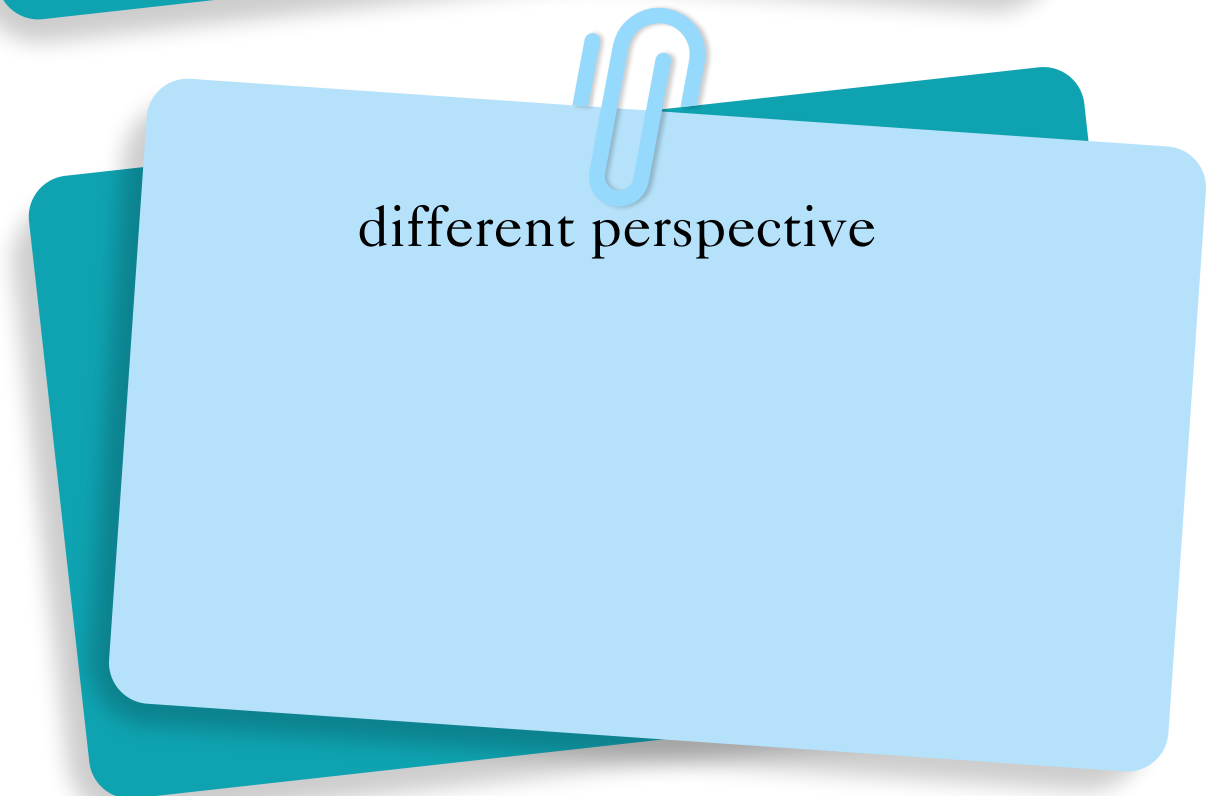
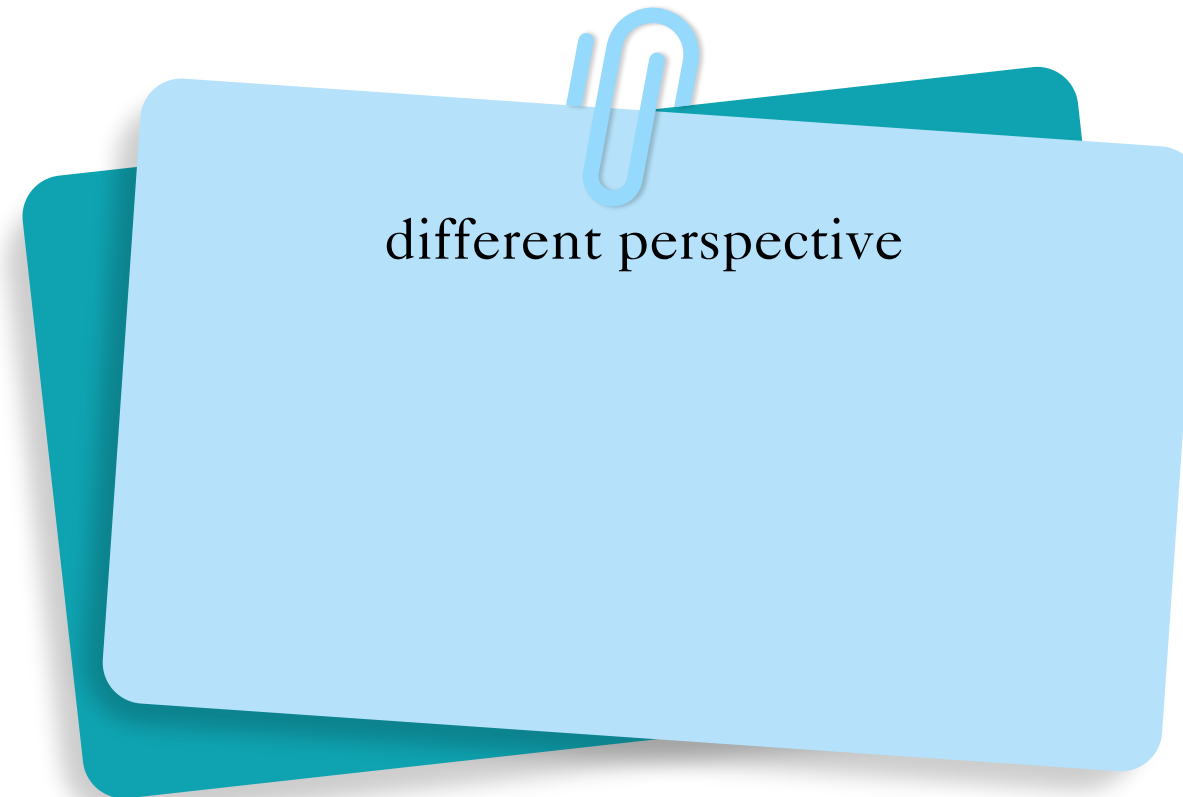
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broader perspectives

Choose a topic or opinion on which you have a strong opinion. Look for different perspectives and think about how they could enrich your understanding.

Topic / Opinion



Practice of self-compassion

Spend five minutes a day practicing self-compassion. These five exercises can guide you. You just need to dedicate one minute a day to each of them!

1

BREATHING AND PRESENCE

Take a comfortable position, close your eyes and focus on breathing. Take five deep breaths, focusing on the air coming in and out of your lungs. Observe the physical sensations of your breathing and bring your attention back to the present moment whenever your mind starts wandering.

RECOGNITION OF EMOTIONS

Take a moment to identify and recognize the emotions you are feeling right now. Without judgment, observe the emotions in you, whether they are positive, negative or neutral. Practice accepting your emotions as they are, without trying to change or judge them.

2

3

PRACTICE OF AUTO-COMPASSION

Use this minute to offer words of kindness and compassion. Repeat positive statements about yourself, such as "I am worthy of love and compassion", "I deserve happiness and inner peace" or "I am sufficient as I am". Let these comforting words penetrate your being and surround you with kindness.

CULTIVATING GRATITUDE

Take a moment to think about three things you are grateful for in your life right now. Whether it is small things of everyday life or more meaningful moments of happiness, be aware of the many blessings that enrich your existence. Let gratitude fill your heart and nourish your soul.

4

5

POSITIVE VISUALIZATION

Complete your self-compassion practice by visualizing an image of yourself radiating happiness and well-being. Imagine you are achieving your goals, overcoming challenges and living life to the full with confidence and determination. Let this positive vision strengthen your self-esteem and inner resilience.

JOURNALING ON THE IDENTITY

Keep a journal in which you explore your own identity, noting key moments in your life when you have experienced a change or evolution in your perception of yourself.

key moments	change	Date