

# DEEPEST ASPECTS OF YOUR IDENTITY

Ancient writers pointed to four elements that comprise the core of a person. These include **heart** (your deepest feelings), **soul** (the inner most place that contains the spark of life), **mind** (a variety of mental activities), and **strength** (not just physical, but all your capabilities). Although this approach puts a slightly different twist on the concept of strengths, it offers interesting insights.

There are groups of sentence statements below that reflect the deepest aspects of your personhood. Take time to honestly and spontaneously respond to each.

Heart	
I am passionate about...	
The greatest tragedy is when...	
I would really love to...	
Soul	
The most meaningful thing I've ever done is...	
I feel a sense of destiny when...	
I come alive when I'm...	
Mind	
I like to think about...	
I wonder why...	
I really believe that...	
Strength	
I am most capable of...	
I have a talent for...	
I am gifted in the following areas:	

Reflect: Which questions created the strongest response in you? Which ones did you leave blank? What patterns do you begin to see as you spontaneously respond to these questions? **How might those responses and patterns help you in thinking through what you want your retirement years to be?**