

IDENTITY - ID - I Differentiated

You are YOU in full perfection here to enrich your own life and to also help others to grow, learn and evolve. You have your own ID. Be exactly that - I Differentiated, rather than "I" the clone because your purpose is best fulfilled by being you, and not someone else.

Identity Card

An identification card is your external proof of who you are and contains your "vital" statistics. But who are you really? You are not just your eye colour, nationality, date of birth or hospital number. You are YOU – unique in character, talents, values, aspirations and life experiences - sometimes defined and revealed publicly, but often disguised or hidden privately.

I.D photo - Public versus private face

Do you create your identity on external factors visible to the public? What aspects of you do you reveal to the world and what aspects do you keep hidden? How does your public face differ to who you are privately?

How do you view your size, shape and weight as a definition of who you are? Physically you may dress up, apply make-up and go out into the world looking gorgeous, but underneath you may think of yourself as unattractive or you may use your weight and shape as a reason to stay locked away in your cave of feeling insignificant. How have you let your state of health or ill-health define you?

Perhaps your external emotional state doesn't reflect your internal state. You may exhibit great confidence, despite your internal lack of it or you may express anger, when you simply want to be heard. Emotionally you may suppress certain emotions so you don't "appear" a certain way, with the result being you deny yourself of expressing fully who you are, you may manifest ill-health and you also may not get the support you want or need.

Maybe you appear as though you have lots of friends to disguise your real sense of loneliness and aloneness. You may socialise or be in relationship with people to take on a certain identity. In groups, instead of establishing your individual identity you may assume an "in-crowd" mentality and act a certain way to try and fit in. Is this really the "true" you? What are the costs of going along with the crowd or being in a particular relationship for appearances' sake or for validation?

Does your career choice or role express who you really are and where your talents and passion really lie? Has your job choice come from your own volition or from the expectations of others? Do you hide behind a title or position in business in an attempt to gain recognition, or conversely do you undervalue who you really are, when you could be in a position that more truly reflects you? Perhaps you hide your talents, when your outward contribution to the world could benefit many people.

Hiding out sexually by avoiding it or by completely throwing yourself into it without regard for your own feelings of self worth and own needs are both ways of denying your true identity. Your scars may be that of past abuse or poor relationships, but you can choose to revolve your identity around those experiences or establish an identity that allows you to express yourself sensually and sexually in a way that values you and allows you to express YOU.

You may have also allowed your culture, religion, sports group, business, family or other collective to define you. What are the positive and negative outcomes of you identifying with such a collective?

Who do you identify with - victim of circumstance or powerful creator?

Two of the biggest definers of your identity are the circumstances of your life to date and the people you have been around. They however need not define you or rule your life!

Often on your I.D or in your passport you need to state whether you have any defining features – perhaps a scar, for example. What are the significant events and traumas that have happened to you in your lifetime? Have you created your identity by hiding behind the resulting scars? You can easily let such events, traumas and situations define who you are, but you also have a choice as to what you make those experiences mean about you and your life. Have you become victim to your circumstances or a creator of your identity? Become a powerful creator.

Who to date have you allowed to define your identity and sense of self worth? Perhaps you have been given nicknames or labels by parents, siblings, teachers, medical authorities or even church folk. How have you “lived into” these labels? Perhaps you have assumed an identity from having certain roles and responsibilities within the family unit or community. You may have given in to peer pressure (positive or negative) or been diverted “off track” into activities, attitudes and behaviours that are not “you”, and peer pressure is not just an adolescent thing! Who has positively and powerfully influenced you?

Redefining moments of transition and tragedy

Times of transition, change and even tragedy can be the pivotal point for you expressing yourself more genuinely. Take marital separation as an example. You may have “acted” in certain ways throughout your marriage which may or may not have been the real “you” talking and behaving. Instead you may have been trying to appease, appeal to or entice your partner or family members to love and validate you. Your boundaries may have been stretched and you may have tolerated various things that were destructive to one, both or all of you. The process of separation, whether wanted or forced upon you, may have given you the opportunity to redefine yourself. After the initial grief of separation or divorce, many people suddenly feel liberated, express themselves more fully, find interests they enjoy and develop a new relationship with themselves, which they can then take into other relationships.

Other opportunities that are “gifted” to you (some of you will say “lumped upon me”) are health crises, injury, disfigurement, disability, developmental and age-related milestones, births, deaths, kids leaving home, work and career changes, geographical moves and many more. These transitions (and they are just that – moving you from one place to another) can be seen in two lights –doom and disaster or redefining and refining moments. You have the power to choose.

Fake ID or forging someone else’s SIGNature – Be SIGNificant in your own right

Do you love and express your uniqueness or do you try and be the clone of someone else or live up to their expectation of you? What happens when you lose YOU in the process of defining yourself as someone you are not? Why not channel that energy into being the most magnificent person you can be - a significant somebody, not an insignificant nobody or a forger?

Just as your signature and fingerprints differentiate you from others, they have a deeper symbolic meaning. It’s about your signature and “imprint” on the world. What is your signature? What differentiates you from someone else? What talents, values, unique personality traits, skills and passion do you have to share? How can the world benefit from your signature and unique way of doing things?

Stamp your own imprint on the world and sign up for being you in the best way possible.