

**Who do I think I am?**



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# Foreword

In our busy lives, we can easily get lost in the expectations of others, the hustle of daily routines, and even look into the mirror without truly seeing who is standing there.

This book challenges you to dig deeper, to peel back the layers of your identity, and to uncover the treasures of your true self.

Joost Walraven

# **Identity and self-image**

"To know yourself is the beginning of  
all wisdom."

— **Aristotle**

# Day 1

How would I describe **myself** in one sentence?

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## Day 2

What has had the **greatest** influence on  
how I see myself?

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## Day 3

What do I **like** about myself?

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## Day 4

Are there things I would like to  
**change** about myself?

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## Day 5

How do I think I've changed since I was younger?

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## Day 6

How do my **family** and friends influence  
the way I see myself?

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