

Taking a new *perspective*

If a friend were to ask you, “What is the most important thing about you?” how would you answer them? Some might respond with an aspect of their identity. Others might name a life-defining experience. Still others might talk about their personality or leadership style. “*I am a person who...*” we might say.

All of these components form our “self-concept”— ideas about who we are— whether we like these labels or not. But here’s a radical idea: they are *just labels*. The whole of who we are is greater than any one label. You are more than the sum of everything that has ever been said about you. You are more than what has happened to you. You are more than even the labels you might give yourself.

This means that we have permission to hold our identities, labels, and experiences— all of this *content*— with more openness and curiosity. It doesn’t negate them or get rid of them, but it gives us more space to recognize that there is a part of us that can contain all of this content, even the parts that are difficult or overwhelming.

If we can release the firm grip on our “self-concept,” it makes it possible for us to try new things. Maybe we will be surprised, or even delighted, by what we discover.



Today’s journaling prompt:

What is a label or “self-concept” that has kept me from experiencing or trying something that feels important to me? What about it no longer feels useful or helpful?

If I were to feel less controlled by that label, what would I be free to try or experience? How would I show up in a new way?

Thank you for journaling with us! Look out for more prompts on our website: startbrio.org/journal-with-us

