



The Matrix Mindfulness Practitioner

# Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts  
for Wellness Professionals

Find Your Identity

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Knowing who you are deep within is very powerful. Your basic core needs sit at the foundation blocks of your identity and so, by understanding this, you can live a life that is more suited to your needs. Your life can be without internal conflict.

Learned behaviours can be both negative and positive and the essence of self can easily be interrupted by patterns of life. These may be outdated or not grounded in truth.

Parents impart those first important lessons in life but, even then, those early foundation blocks can be built on false knowledge as they too may have been living without questioning themselves.

To identify your personal truths, analyse your core beliefs and question how and when these were formed. By doing so, you become more in tune with yourself. You can make up your mind. You choose what is right for you.

Our inner identities can often be obscured along the way. We are surrounded by information. We are told how to dress, what to eat, and how to live. These messages can detract from our connection with who we are. This information overload filters into every aspect of life. A barrage of marketing messages lies in wait on every corner, from billboards, magazines, television, and even the radio. It is no wonder that we are pulled away from our own core values at times.



Knowing your inner self enables deep **inner peace**. It forms your moral compass. It enables you to strive towards your true potential. You make the right choices, those that benefit your life. Establishing your identity builds confidence and integrity. It creates a base from which you can strive forward, living with supreme confidence as you are being true to your core values. Being authentic also means that more people are **attracted** to you in both business and personal relationships. After all, it is much easier to trust those who **embrace authenticity**. These are gifts that come naturally to those who understand who they really are.

Knowing the real you is similar to having a blueprint of your life handed to you. When you feel comfortable with self, life becomes easier. You trust your decision-making skills and feel confident that your choices are right for you.

Connecting with that truth enables you to say no to those elements in life which are not right for you. Equally, it enables you to reach out for **opportunities** that are perfect. Living life your way helps you to be instinctive. You give your time to the right causes and people. You value yourself and your time, you know what makes you **happy**.

This becomes a flowing truth once your core values are met.

We all have basic needs and if they are not met then, we do not achieve true fulfilment. This is damaging to both business and personal relationships. These basic needs need to be fulfilled. They are the foundation blocks on which you grow to reap the benefits of **success** and **happiness**.