

Untitled Document

Who are you?

“The days are long, but the years are short.” So said Gretchen Rubin when, one day on a city bus, she

In her book, ‘The happiness project’, Gretchen writes that the key to happiness is to be more of wh

What do you lie about? Any lie is a disconnection between your values and your behaviour. It shows th

Who do you envy and why? First of all, let’s put the negative aspect of envy on ice here. Instead of judging

What are your treats? A treat is different from a reward, which must be earned. A treat is a small plea

Who are your friends? Do you surround yourself with people who: Make you feel better or worse abou

What is your story? Clarissa Pinkola Estés, author, Jungian psychoanalyst, and a cantadora (keep

Are you an individualist or a communalist? In her book, ‘Committed’, Elizabeth Gilbert writes that two rival world-views mig

We inherited our ideas about independence, the sanctity of the individual and intellect from the an

Which rules do you obey? According to Gretchen there are four categories of people:

- Upholders respond well to external and internal rules. They’re motivated by fulfilment, are good

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- Questioners investigate both external and internal rules. They want to know why they should do it.
- Rebels resist inner and outer rules. While they're notorious at missing deadlines, they're willing to do what they want.
- Obligers readily follow outer rules, but have a hard time meeting inner expectations. They are the most common type.

Which are you by nature? I am a Greek questioner with strong upholder tendencies, who might actually be a rebel.

Whether the answer is yes or no, my job is to recognise the truth about myself. You can only build a life on truth.