

Just Who Do You Think You Are?

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If you were suddenly stripped of your old identity, your roles (daughter, son, mother, father, friend, co-worker, sibling, etc.) and your titles (Mrs., Mr., Ms., Dr., LSW, LMT, RN, etc.), who do you think you would be?

How would you define yourself?

This is not an easy question for many of us. Often we have molded ourselves into the person who everyone wants us to be. So many people, when hitting the 50 year mark, announce to their family and friends,

"The first 50 years went your way, the next 50 years go my way."

And, who exactly is this new person? What words would you use to define and describe who you are now or who you want to be as you move forward?

I tell my clients that their life story and resume is written on their face! The information that is discerned with your facial structures and a thesaurus can help you on your way to defining your new and yet innate description of YOU.



For example, if you have a **full lower lip**, you are naturally and spontaneously *generous* with your time, energy and money. You don't even need to think about it if someone asks for your assistance. That would also make you *kind, giving, charitable, self-sacrificing, impulsive, big-hearted, helpful, selfless* and *philanthropic*, to name a few facts. None of those words are a job description or title. However, they clarify who you are for a job that might require those skills.

If you have a **long, narrow face** you are by nature *cautious*, learn in a *step-by-step* manner and are *proud* of what you have learned. That would make you *careful, thorough, particular, systematic, detailed, orderly, logical* and fulfilled by your accomplishments. Someone starting a business could certainly use your skills.

Look in the mirror and check out the space between your eyes. If you could fit at least one and one half of your eye width between your eyes you would be considered a **wide-set eye** person, someone who *sees the big picture*, is *easygoing* and *broad-minded*. Your focus is on the future and you might be



considered an entrepreneur. Words that could also describe you might be: *flexible, tolerant, unbiased, adaptable, relaxed, open, patient* and *lenient*.



The turned up **tip of the nose** has to do with *trust* of the world and the people in it. Most of us begin life with a turned up nose tip reflecting the innate characteristics of *faith, belief, hope, conviction, assurance, optimism, sincerity* and *authenticity*.

If you want to learn more about who you are based on the story of your life, go to my website: www.itsinyourface.com and order my book, *It's In Your Face – The True You Revealed*.