



# Understanding Yourself

## Lesson 1

- Foundations

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## Lesson 5

- Change For Good

## Lesson 6

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- Uniquely You: Personality and Calling

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- How You Connect

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Music, “Sweeping Views“ composed and produced by Dan Koch, <http://dankoch.net>.

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# Understanding Yourself

## Lesson 1: Foundations

### OUTLINE

#### Welcome and introduction

- The goal is that this course will encourage and equip you to:
  - Live the life for which you were created
  - Know why you do what you do
  - Be connected to your heart
  - Live with security about your identity and worth
  - Be a great lover
- Summary of course content
- How to get the most out of this course
  - Listen several times, take notes one of these times
  - Apply the material to yourself using the reflection questions in the PDF's
  - Process the material with someone else

#### Core beliefs and perspectives about human flourishing

- Identity is key
- There is a way of life that makes sense and leads to human flourishing
- The world is a place of abundance, not scarcity
- We are created for connection; relationships are the bottom line of life
- Transformation is possible; we can change!



# Understanding Yourself

## Lesson 1: Foundations

### REFLECTION QUESTIONS

We suggest you listen to the audio lesson 3 times. Listen the first time through, take notes the second, and answer the questions on the third. We encourage you to go through these lessons with one or two others.

1. Where have you been most prone to find your identity? Why?

To help you, use this list “21 Things That Don’t Define You” from RELEVANT Magazine online

<https://relevantmagazine.com/god/21-things-dont-define-you/>

2. In what areas of your life do you tend to have a scarcity mindset (finances, relationships, career, yourself, e.g.)?
3. What is the one thing in your life that you would like to be different in one year? This could be a habit, a struggle, a character quality, a relationship, a circumstance, etc. What will the first step be toward change?

### FURTHER ENRICHMENT

*TED Talk by Robert Waldinger, “What Makes a Good Life?”*

<https://www.youtube.com/watch?v=8KkKuTCFvzI>

*The Soul of Money*, by Lynn Twist

*The Gift of Being Yourself*, by David Benner

*The Life of the Beloved*, by Henri Nouwen (or any of his books; they are short but powerful)

### SOURCES QUOTED

Henry Nouwen, *Here and Now: Living In the Spirit* (Crossroads Publishing, 1994), 134.

David Benner, *The Gift of Being Yourself* (IVP Books, 2004), 28.

Lynn Twist, *The Soul of Money* (Norton, 2006), 44.

