



GROWING YOUR *greatness* WITH COACH JODY

Loss Does Not Define Me—Who Am I Now?

Life happens, and we can't always control it. I wish we could; it would make things so much easier. If you have had a major life-impacting event—loss of someone significant in your life, a job change, divorce, impact to your finances, becoming an empty nester or another life-altering event—you may be on a personal quest for greater self-discovery.

As part of this process, it is important to determine what constitutes our true selves while letting go of how we have defined ourselves in the past. This requires a balance of introspection and new experiences.

Why Is This Important?

After experiencing a loss, self-discovery can help you to navigate your complex emotions, redefine your identity and find a path towards healing and resilience. Here are a few reasons why self-discovery is critical after a loss:

1. Understanding and processing emotions

Self-discovery will allow you to explore and understand your emotional responses to your loss. It provides a safe space for reflection, introspection and acknowledging the range of emotions such as grief, sadness, anger and confusion. By gaining insight into these emotions, you can begin the healing process and develop strategies for coping and finding solace.

2. Redefining identity and purpose

Loss can disrupt your sense of identity and purpose. Self-discovery helps you reassess your values, beliefs and priorities in light of your loss. It offers an opportunity to redefine yourself, identify new strengths and explore avenues for personal growth and development. Through self-reflection, you can gradually rebuild your sense of identity and create a new narrative that incorporates your experience of loss.

3. Building resilience and finding meaning

Self-discovery helps you to search for meaning and purpose in the face of your loss. It encourages introspection and introspective questions, such as "What can I learn from this experience?" or "How can I grow stronger from this?" By seeking meaning, you can transform your loss into an opportunity for personal growth, resilience and a deeper understanding of yourself and the world around you.

4. Self-care and well-being

Loss can take a toll on one's mental, emotional and physical well-being. Self-discovery emphasizes self-care and self-compassion. It encourages you to prioritize your own needs, engage in activities that bring you comfort and joy, and seek support from others. Through self-discovery, you can develop strategies to manage stress, practice self-care and promote your overall well-being during the challenging process of healing.

Who Are You Now?

This exercise will give you a useful starting point for viewing yourself clearly in terms of values, beliefs and more. It offers a two-step process of considering yourself from the perspective of others, followed by a consideration of your self-perceptions at different times in your life.

PART 1

Oftentimes, other people view us differently than we view ourselves.

How do you think a friend or family member would describe you in one paragraph?

If one of the people you work with would tell a story about you, what would it be?

If the closest person to you would describe your biography, what kinds of things would they mention?

Now try to forget about everyone else's perspectives.

If you were writing to your past self, what would you choose to include about who you are now?

Imagine you are talking to your future self. How would you want to define yourself?

PART 2

This exercise was intended to help you get away from your go-to words that you have used to define yourself.

How did this exercise make you feel?

What did you learn from this exercise?

What is one thing that you are going to change or implement in your life, based on what you have discovered?

My work is not just confined to widows. I work with many executive women who are in life or professional transitions. If you are struggling with your life transition and would like to see how coaching could help you, please feel free to [schedule a free consultation call with me here](#).

