H.O.P.E.
Helping Other People Exhale

SN-L Consulting

Helping Individuals and Organizations
Reach Their Potential

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Sondra-ism: **Our life situations and circumstances just tell what we have experienced, not the essence of who we are.**

Feature Topic: **Our Life Experiences Do Not Define Us.** When we don't know the *core* of who we are, we can allow our life experiences to define us. *We are not defined by our life experiences.* What has happened in our life are just experiences not the essence of who we are. When asked the question, "who are you", how do you respond? Until we grasp the essence of what it means to be a human being, we can struggle defining ourselves. Yes, I am a mother, I am a grand-mother, a trainer, presenter, coach and whatever roles I play, at any given time, but they don't define me. If they did and those things were taken away from me, then I would have an identity crisis. Those titles only speak to some of my life experiences, but they say nothing about the essence of who I really am. I propose the following definition to define who "we are". We are *infinite spiritual beings having "temporary" human experiences.* This revelation, alone, is a powerful thought that can change our thinking and bring a power base to our life that no situation or circumstance can eclipse because the situations or experiences we have will never alter the essence of who we are. Recognize, digest, and internalize that *you are not defined by your life experiences.* Experiences just tell what happened. When we know, understand, accept, and, internalize who we are *at the core* of our existence, we ought not be shaken when our life experiences throw us a crave ball. The essence of who we are cannot be altered by our experiences. I am an **infinite spiritual being having "temporary" human experiences.** Who do you think you are?

Keep on Exhaling!
(Breathe in God, Exhale Concerns)