FIVE ADJECTIVES

Shawn Humphrey

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." - Maya Angelou

As you progress in developing your work, you'll discover that the way you present yourself to others is critically important. And at the center of it all is *you*.

You are your most valuable content.

So, who are you?

I'm not asking for your titles or roles, nor am I looking for your identities. Yes, these things play a part in shaping who you are, but they are not the essence of you. As you move through this world, interacting and connecting with others, consider this:

How do you make people feel?

What emotional impression do you leave behind through your facial expressions, body language, and the tone and choice of your words?

Asking, "Who are you?" might seem like it presumes you've arrived at some final, complete version of yourself. But we know that's not the case. You don't "arrive" at who you are—you create and redefine yourself every day, every moment. We are all works in progress.

So instead of focusing on a destination, let's reflect on what guides you:

What are your values?

Now, take these seven steps to think deeply about this and give me five adjectives that describe the essence of who you are or who you want to become.

Step 1: Read the post: https://shawnhumphrey.com/meditations/five-adjectives/

Step 2: Circle ten adjectives from the "this-is-how-I-want-to-live-my-life" list below. These are traits that you want to become part of your soul's muscular memory. Feel free to add your own adjectives to the list of possibilities.

Accepting	Curious	Fun	Kind	Patient	Spiritual
Adventurous	Delightful	Generative	Knowledgeable	Peaceful	Steadfast
Altruistic	Diligent	Generous	Leader	Powerful	Strong
Austere	Easygoing	Graceful	Loving	Pro	Successful
Balanced	Efficient	Healthy	Loyal	Prudent	Tender
Bold	Empathetic	Honest	Mature	Reasonable	Thankful
Cheerful	Energetic	Honorable	Mighty	Relaxed	Tranquil
Civil	Enlightened	Humble	Moderate	Religious	Truthful
Community-minded	Fair	Humorous	Nourishing	Respectful	Trustworthy
Compassionate	Flexible	Imaginative	Open	Reverent	Vibrant
Confident	Forgiving	Imperturbable	Original	Serious	Warm
Courageous	Free	Independent	Orderly	Simple	Welcoming
Creative	Friendly	Judicious	Passionate	Sincere	Wise

Step 3: List off your top five adjectives in order of their aspirational value to you:

1. _____

2. _____

3._____

4. _____

5. _____

Step 4: Use the space below to reflect on your top 5 adjectives. Why are they important to you?

Step 5: Cut out a business card size rectangle from some card stock paper, list off your five adjectives in order of their aspirational value to you and place an empty box next to each one. Carry the card around with you in your front left pocket. Now, every time you reach for your keys, its sharp angular edges will poke your fingertips, prod you and remind you of your commitment to these adjectives and the life you want to lead.

Step 6: Make choices that are consistent with and take you closer to living your adjectives.

Step 7: Take time to recognize the emotional and physical benefits of living your adjectives—they will inspire you to pursue them further.

This how we shape and re-shape ourselves and the world around us.