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# Temporary Me

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## EPISODE 44

When it comes to the future, we have no evidence for what is possible for us. So we just resign ourselves to the idea that this is who I am and will be forever.

The reality is we are always changing and evolving. We don't stay the same. The me of today is temporary.

### **Past and present exercise**

If you are feeling skeptical about this, I have a little exercise for you:

- Think about who you were three years ago, five years ago, or 10 years ago. Just think about where you were, what you were doing, what your life was like.
- What was your favorite thing to do?
- What was your biggest worry?
- What was a typical day in your life?
- Think about those things and then compare them to now. Think about something that challenged you then and how you reacted then. Now think about if that same thing were to happen, how you would react right now.
- Let's get to work proving ourselves wrong. Let's start actively showing ourselves that there might be other things that are true and other options of who we could be or become.