



**Me in 3D**

The *Me in 3D* is an introspective activity aimed to help us define the destination of who we want to become in order to set the coordinates for how we will get there.

**Part 1**

In part 1 of the *Me in 3D*, think about the attributes, patterns of behaviors, achievements, growth opportunities, etc. of your past self, your current self, and of the self you would like to become.

| <b>Who I was</b> | <b>Who I am</b> | <b>Who I want to become</b> |
|------------------|-----------------|-----------------------------|
|                  |                 |                             |

Now use the acronym M.A.C. to help guide your journey by identifying parts of your



past and current selves that you would like to **M**aintain, **A**mplify, and/or **C**hange.

**Maintain:** things about me that I like, that I am doing right and would like to keep up.

**Amplify:** things about me/in my life that I would like to do more of.

**Change:** things about me/in my life that I would like to change. Be very specific, breaking this attribute/pattern of behavior to its smallest pieces; this way you can select the easiest piece to start implementing a change today:

Example: “I want to bring back my creative side that I left behind years ago.”

*Break change down to its smallest pieces:*

- Define genre of creativity (e.g., writing)
- Define place of activity (e.g., outdoors – beach, park)
- Define method of writing (e.g., handwriting)
- Define means (e.g., pen on paper)
- Define preferred means (e.g., blue pen on a cute journal)

*Choose the easiest place/ behavior to begin change: (e.g., purchase blue pen and a cute journal)*

|                 |  |
|-----------------|--|
| <b>Maintain</b> |  |
| <b>Amplify</b>  |  |
| <b>Change</b>   |  |



**What is the first  
action(s) you can take  
to start implementing  
the desired change**

**Part 2**

In part 2, be mindful of the word BELIEVE in the second column. That is, we cannot know how others see us unless we actually ask; thus, our response could be based on our projection: the way we see others seeing us because of how we see ourselves.

| <b>How I see myself</b> | <b>How I BELIEVE others see me</b> | <b>How I would like to be seen</b> |
|-------------------------|------------------------------------|------------------------------------|
|                         |                                    |                                    |



Here you can also use the acronym M.A.C. as shown above, but specific to your self-narrative (e.g., inner talk, repetitive anecdotes we use to describe ourselves in conversations).

|   |  |
|---|--|
| <b>Self-Narrative</b><br><b>I would like to</b><br><b><u>Maintain</u></b> |  |
| <b>Self-Narrative</b><br><b>I would like to</b><br><b><u>Amplify</u></b>  |  |
| <b>Self-Narrative</b><br><b>I would like to</b><br><b><u>Change</u></b>   |  |

Defining the columns above helps you to become more aware of the current self-narrative that perpetuates/ dominates the way in which you see yourself and whether it aligns with the narrative of the person whom you would like to become.

- Are these narratives the same or different?
- Is my current narrative updated to my current self?
  - What evidence supports my current narrative?
- How do I tweak/reframe my current narrative to help create and perpetuate the narrative of the person whom I want to become, and how I would like to be seen?



- Reframing strategies:
  - Identify three positive affirmations of the person you want to become and how you would like to be seen, and repeat each three times to yourself OUT LOUD while power posing. Do this two times a day every day for thirty days.
  - Be mindful of what you tell yourself. What purpose is my inner talk serving me? Is it putting me down or building me up? If you notice you are your worst enemy, make sure you are also your own best friend.

|                               |  |
|-------------------------------|--|
| <b>Positive Affirmation 1</b> |  |
| <b>Positive Affirmation 2</b> |  |
| <b>Positive Affirmation 3</b> |  |