

The Private Self/Public Self Letter

An exercise to see if you are living an integrated life.

Does your public persona match with your inner core and the core values you live from?

Write a short letter from your Private Self to your Public Self. The length of your letter should be more than a paragraph but not more than 3 pages. Write it as though you are writing to a good friend.

All of us have that inner person we talk to. What does your Private Self need to say to your Public Self about what you are feeling? Often, our fears may prevent us from sharing these conversations. This letter will help reveal that inner person. As you write, use the pronoun you and I to distinguish your outer and inner voice.

Some questions to help get you started:

1. What does your Private Self need to say to your Public Self ?
2. What part of your Public Self represents your true inner core ?
3. What part does not ?
4. What can you both teach each other ?
5. How can your Private self assume more leadership in your daily life ?