

ACT NOW: PERSONA INTERVIEW

The Persona Interview was created by Gay and Kathlyn Hendricks and is one of my favorite tools for efficiently and effectively shifting from a persona back into my essence. The beauty of this activity is that all you have to do is do it. There's nothing to fix. Nothing else to do other than bring your loving, curious attention to whatever persona is making an appearance right now.

Your job is to simply blurt the first answer that comes to your consciousness. Don't hold it too tightly, just blurt it out and let it go. The results are from doing the process itself, not the actual answers per se. So pick a persona you'd like to shift, give that persona a name, find a friend, and ask them to ask you these questions, using the persona name where the blanks are.

_____, what is the most important thing to you?

_____, what are you most proud of?

_____, when did you make your first appearance?

_____, who did you learn your style from?

_____, what are you most afraid of?

_____, what do you most want?

Once the interview is complete, shake it off, and appreciate yourself for being willing to shift. Then go on with your life!