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Self inquiry is the persistent introspection on the question WhoAmI? to find the source of the Self. Explore its meaning and learn how to practice self inquiry
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Here we ll help you answer this question so you can get to know yourself better
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Itsthe mental picture we paint of who we are colored by our experiences relationships and cultural context. Identity on the other hand is a broader term Instead of trying to answer WhoAmI? all at once break it down into smaller more approachable pieces

For a moment forget your job title family roles and daily responsibilities. Instead focus on what excites you interests you and makes you feel alive. Try This The I Am Exercise. Start with simple statements that reveal your essence.

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