

# Who Are You?

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**As an ardent student of human behavior,** I often like to know how much time people spend in trying to understand their own self. Many of us take deep interest in analyzing, understanding and commenting on others. Not only those who are involved with us, but even about political leaders, film stars, celebrities etc. Hours are spent in idle conversations and comments about people whose lives we cannot (and should not) change in any way. But we do not spend even a fraction of that time trying to analyze and understand about ourselves.

You will live with yourself 24/7 X 365 for all the years of your life. You need to know your upbringing, attitudes, values, likes and dislikes. You need to introspect on what have been your achievements and your frustrations. You should evaluate what you have gained and what you have missed out in life. You should also be aware of the changes within you, how your aspirations and priorities evolve, what makes you happy or unhappy. Only if you do this periodically will you be able to face any challenges squarely.

**In my training programs I often ask a question unexpectedly,** “Who are you?” and ask them to answer immediately. It is amazing how many people flounder – they write the roles they are playing, ‘what’ they are, but many cannot really answer ‘who’ they are. Are you able to answer to yourself,

**“Who are you?”**

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