

# AI-00812 What vs Who I am

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**Deep dive on the following statement. "It's not what I am but who I am that matters most". What is the meaning of the statement?**

The statement "It's not what I am but who I am that matters most" digs into the concept of identity and what truly defines a person. Here's a breakdown of the two sides:

- **"What I am"** refers to external characteristics and achievements. This could be your job title, socioeconomic status, possessions, or even physical attributes. These are all things that can be acquired or lost over time.
- **"Who I am"** delves deeper into your core character, values, beliefs, and personality traits. These are the qualities that make you, you. They shape how you interact with the world, the decisions you make, and the impact you have on others.

The statement emphasizes that **who you are** (your character) is more important than **what you are** (external achievements). Here's why:

- **Character endures:** Your core qualities tend to be more stable than external circumstances. Even if you lose a job or a possession, your kindness, integrity, or humor remain.
- **Impact on others:** People connect with others based on who they are, not what they have. Your kindness, honesty, or sense of humor will leave a lasting impression, while material things may not.
- **Living authentically:** Focusing on who you are encourages you to live a life true to yourself, based on your values and passions.

However, it's important to note that "who you are" and "what you do" are not entirely separate.

- **Actions reflect character:** The things you do (your job, hobbies, how you treat others) are often expressions of your core character.
- **Growth:** Who you are is not static. Your experiences and actions can shape your character and values over time.

So, the statement is more about prioritizing your inner qualities while acknowledging that they influence your actions and achievements.

**Synthesize the text in the context of living life to the fullest: "It's not what I am but who I am that matters most". List 20 examples.**

Living life to the fullest with "It's not what I am but who I am that matters most" means focusing on developing your character to create a fulfilling life. Here are 20 examples:

#### **Inner Work:**

1. **Embrace your values:** Identify what truly matters to you (honesty, creativity, compassion) and live accordingly.
2. **Practice self-reflection:** Evaluate your actions, motivations, and impact to refine your character.
3. **Develop courage:** Don't be afraid to stand up for what you believe in, even if it's uncomfortable.
4. **Practice empathy:** Understand and share the feelings of others to build stronger relationships.
5. **Cultivate gratitude:** Appreciate the good things in life, big and small, to foster a positive outlook.
6. **Embrace lifelong learning:** Never stop growing intellectually and emotionally.
7. **Develop resilience:** Learn to bounce back from setbacks and challenges.
8. **Pursue forgiveness:** Let go of resentment to find peace and move forward.

#### **Living Authentically:**

1. **Pursue your passions:** Don't just chase external rewards. Find activities you truly enjoy.

2. **Be honest and genuine:** Let your true self shine through in your interactions.
3. **Don't be afraid to be different:** Celebrate your individuality and unique perspective.
4. **Set boundaries:** Learn to say no to protect your time and energy for what truly matters.
5. **Follow your intuition:** Trust your gut feeling and make decisions that feel right for you.

### **Impacting the World:**

1. **Practice kindness:** Small acts of kindness can have a ripple effect and brighten someone's day.
2. **Volunteer your time:** Use your skills and talents to make a positive impact in your community.
3. **Stand up for what's right:** Speak out against injustice and advocate for positive change.
4. **Mentor others:** Share your knowledge and experience to help others grow.
5. **Build strong relationships:** Invest in genuine connections with loved ones and friends.
6. **Leave a positive legacy:** Think about the impact you want to have on the world.
7. **Live with purpose:** Find what motivates you and contributes to a greater good.

By focusing on who you are and cultivating strong character traits, you'll be well on your way to living a life that is both fulfilling and impactful.