

To discover your true self is the most important skill you can possess. When you know who you are, you know what you need to do instead of looking for permission from others. It allows you to bypass tons of frustration caused by putting time into the wrong things. Yes, life is supposed to be full of trial and error, but this lets you find the best areas for you to experiment with. Once you know yourself, [you will become more confident](#), you will understand your purpose, and you will begin making a bigger impact on the world.

So how can you know who you are and what you ought to do in life? Here are the six steps you need to take in order to know your true self:

## 1. Be quiet.

You cannot and will not be able to discover yourself until you [take the time to be still](#). Many people don't know themselves because any sort of silence scares them; it's too uncomfortable to be alone with every flaw staring back at them. But it isn't until you get alone, evaluate yourself and are completely truthful with yourself that you will actually be able to see every facet of your life—the good and the bad. Be quiet and discover your true self.

## 2. Realize who you truly are, not who you want to be.

I know you already have a set idea of who you desperately want to be, but it might not be who you were designed to be. When you know who you are, you will finally see where you and your specific gifts fit into the bigger picture.

And although there are many points along your journey to help you discover yourself, the best way to begin is to take a [personality test](#) and the [StrengthsFinder test](#). (If it's been five or more years since you've completed either of these, take them again.) No, these self-evaluations aren't perfect, but they do pinpoint your top areas of strengths, so you can focus on the change you were meant to bring into the world.