

# a few notes

Topic: What is your Self Identity?



## Daily Envision Employee Check-in Hosted by Dr. Stefanie Simmons

What is your self identity? Self identity is defined as a collection of beliefs about oneself. (Wikipedia.com) Are you a mom? Are you vegan? Are you a coffee drinker? All of these things are how we perceive ourselves. In the movie "Inside Out" an 11 year old girl explores situations and feelings that everyone has experienced to some degree. But it didn't change who she was. In today's employee check in, we ask the question what is your self identify? Despite everything that you and others may be going through don't lose sight of who you truly are.

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