There is an old saying that you learn something new everyday. Have you ever thought about that you have gone through many different identities over the years. There are different versions of you. Each day we change. We grow older, we get wiser, and we move differently. We've changed as a person. When you actually take a moment to comb through who you have been in the past, and what made you that person, it’s pretty enlightening. It gives you an appreciation of your present self, makes you grateful for change, encourages forgiveness, improves self esteem, and it helps you rediscover or connect with certain parts of yourself. Start self reflecting today.

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