



Be the Protagonist

How Ayurveda, Meditation, and Theater Can Transform Your Life

by **Maria Schaedler-Luera**

The Roles we play in Life

Reflection on Inner Voices

1. Take a few minutes to sit quietly and reflect on the different voices inside of you. Imagine each voice as a distinct character, with its own personality and motivations.

What are the different voices or aspects of yourself that you can identify?

How do these voices feel distinct from one another? What traits set them apart?



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Naming and Defining Characters

2. Give each of these characters a name, and write those names down on a piece of paper. Identify and choose three definitions of yourself, like a teacher, a writer, and a mother for example.

What names would you give to the distinct voices you've identified?

Choose three roles or definitions that represent important aspects of your identity. What are these roles, and why are they significant to you?



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Describing Personalities and Motivations

3. Take a few minutes to think about each role, each character's wants, needs, and opinions. Write down a brief description of each character's personality and motivations.

Describe the personality traits of each character you've named. How do they think, act, and respond in different situations?

What are the wants, needs, and opinions of each character? What drives their actions and decisions?



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Character Conversation

4. Once you have a clear understanding of each character, imagine them having a conversation with one another. What would they say to each other? How would they interact?

Create a dialogue between the characters you've named. What topics would they discuss? How would they communicate with each other?

How do the different characters' perspectives clash or harmonize during this conversation?



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Self-Reflection

5. After the conversation is over, take a few moments to reflect on what you have learned about yourself. Did any of the characters surprise you? Did you discover anything new about your wants, needs, or opinions?

Reflect on the insights gained from the character conversation. Did any of the characters' viewpoints challenge your existing perceptions of yourself?

Did you uncover any unexpected aspects of your wants, needs, or opinions through this exercise? How has this exercise deepened your self-awareness?