



## Who am I

My 8 Facets

### I AM

The Beauty and the Beast  
A Butterfly, a Caterpillar  
Clothed and naked  
I am the whole and nothing  
Motivated and sometimes discouraged  
Good-natured, impatient  
I am a child and an adult  
Curtailed yet free

### BODY AND MIND

Supple and in pain  
Protected and exposed  
Hurt and healed  
Calm, impulsive  
A fighter, yet vulnerable  
I am Intelligent, foolish  
Sensual and prudish  
Charismatic and reserved

### PURE EMOTION

I laugh and I cry  
I love, I suffer

I am passionate and broken-hearted  
In equilibrium and unbalance  
Stressed and at peace  
I have courage and fears  
With anxiety and serenity  
I am happy and I'm sad

### **THE ENERGY**

I am tired, yet full of energy  
positive, yet I doubt  
Up and down  
I accept and I resist  
With lightness and weight  
I am the water and the fire  
mindful or somewhere else  
I love nature

### **CONNECTIONS**

I am my family  
A friend, a liberal and moralist mother  
Gratefully rooted and blessed  
Lonely, yet surrounded  
Observing, but uncomprehending  
I am respectful and serious  
I speak kindly, yet I am capable of offense  
I apologize and I forgive

### **I PLAN, I DO, I INNOVATE**

I experience luck and misfortune  
In chaos maintaining structure  
I am strong and determined  
Reliable yet unpredictable  
stubborn, open-minded  
In control and helpless  
Naive, worldly-wise  
I am a partner

### **I LIVE MY DREAMS**

Big yet attainable  
I am in the light and in the dark  
Living in colors, black and white  
In slow motion and workaholic  
I am creative and empty  
Hopeful, hopeless  
Frustrated yet fulfilled

I always give all of me

**A WOMAN WITH A VISION ON A MISSION**

I am a winner  
The brilliant and ordinary rider  
Living with success and failure  
An eternal learner  
I follow my heart  
I discover and experience  
I learn, implement and grow  
To inspire and share

**My Truth is what I am  
My Self  
Contradictions  
All in One  
Striving to Be, to Feel and Live my Better Self  
I Jump for my Dreams!**

**I am Luciana  
This is My Way**

**Come with me and discover  
YOUR WAY**

