



A man can convince  
anyone he's somebody else,  
but never himself.

*The Usual Suspects (1995)*  
*Roger 'Verbal' Kint (Kevin Spacey)*



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## Identity and Image

Your identity is who you are – your essential self. Your image is how you'd like to be seen. A focus on image provides recognition from others whereas a focus on identity provides fulfillment from within.

Sometimes it is wise to present an image appropriate for the occasion. However, a part of every day must be dedicated to being who you are. By focusing on personal identity, you are more likely to discover aspects of your natural self and realize more meaning from your day.

Be you.



“And in that moment, everything I knew to be true  
about myself up until then was gone.  
I was acting like another woman  
yet I was more myself than ever before.”

*The Bridges of Madison County (1995) – Francesca Johnson (Meryl Streep)*

“It’s not who you are underneath,  
it’s what you do that defines you.”

*Batman Begins (2005) – Rachel Dawes (Katie Holmes)*

“As long as we live, we must remain true to ourselves.”

*Spartacus (1960) – Spartacus (Kirk Douglas)*

“Look inside yourself, Simba.  
You are more than what you have become.  
You must take your place in the Circle of Life.  
Remember who you are.”

*The Lion King (1994) – Mufasa (James Earl Jones)*

“Don’t let your past dictate who you are  
but let it be part of who you will become.”

*My Big Fat Greek Wedding (2002) – Nick Portokalos (Louis Mandylor)*

“It is the self, the individual mind,  
that contains immortality and ultimate truth.”

*Altered States (1980) – Eddie Jessup (William Hurt)*

“I’m more afraid of being nothing than I am of being hurt.”

*Days of Thunder (1990) – Cole Trickle (Tom Cruise)*

“Inside each and every one of us  
is our one, true authentic swing.  
Something we was born with. Something that’s ours  
and ours alone. Something that can’t be learned.  
Something that’s got to be remembered.”

*The Legend of Bagger Vance (2000) – Bagger Vance (Will Smith)*

“Not all who wander are aimless.  
Especially not those who seek truth beyond tradition,  
beyond definition, beyond the image.”

*Mona Lisa Smile (2003) – Betty Warren (Kirsten Dunst)*

“I always thought it’d be better  
to be a fake somebody than a real nobody.”

*The Talented Mr. Ripley (1999) – Tom Ripley (Matt Damon)*

“Fame has a fifteen minute half-life, infamy lasts a little longer.”

*The Insider (1999) – Mike Wallace (Christopher Plummer)*

“You can’t change who people are  
without destroying who they were.”

*The Butterfly Effect (2004) – Jason Treborn (Callum Keith Rennie)*

“The things you own end up owning you.”

*Fight Club (1999) – Tyler Durden (Brad Pitt)*

“This isn’t life. It’s just stuff.”

*American Beauty (1999) – Lester Burnham (Kevin Spacey)*

“He’s all hat and no cattle.”

*Lone Star (1996) – Fenton (Tony Frank)*

“All these years I’ve been suffering  
from an inferiority complex.

I should have been in the money years ago.

You big boys, what have you got?

Front. Nothing but front.”

*The Asphalt Jungle (1950) – Bob Brannom (Brad Dexter)*

“The truth is you can never tell yourself  
there is only one thing you could be.

You cannot make a real commitment

unless you accept that it’s a choice

that you keep making again and again and again.”

*Keeping the Faith (2000) – Father Havel (Milos Forman)*

“Well, that mirror ain’t no gentleman.”

*Gentleman’s Agreement (1947) – Anne Dettrey (Celeste Holm)*

“Do you know who I used to be?”

*The Producers (1968) – Max Bialystock (Zero Mostel)*

“A gold medal is a wonderful thing.  
But if you’re not enough without one,  
you’ll never be enough with one.”

*Cool Runnings (1993) – Irv Blitzer (John Candy)*

“You can never replace anyone because everyone  
is made up of such beautiful specific details.”

*Before Sunset (2004) – Celine (Julie Delpy)*

“Sometimes we don’t do things we want to do  
so that others won’t know we want to do them.”

*The Village (2004) – Ivy Walker (Bryce Dallas Howard)*

“I was just thinking that of all the trails in this life  
there is one that matters most.

It is the trail of a true human being.

I think you are on this trail and it is good to see.”

*Dances With Wolves (1990) – Kicking Bird (Graham Greene)*

“No matter where you run,

you just end up running into yourself.”

*Breakfast at Tiffany’s (1961) – Paul Varjak (George Peppard)*