

The 3-Step Plan To Discovering Who You Really Are

WORKSHEET

How To Use This Workbook...

1. You can print out this Workbook or save it on your computer or other electronic devices. And you also have a Notes section at the end of this Workbook to add even more thoughts and comments to help you make the most of this lesson so it helps you develop your **aptitude** as much as your **attitude**, both tangibly and intangibly, so you **apply** them more effectively to help you **achieve** what you want to.
2. Enjoy making the most of these tips, thoughts and techniques and remember the No.1 rule of learning anything: It's about TAKING ACTION and IMPLEMENTING so YOU ACHIEVE RESULTS! So...all you need to do **now** is to decide the following: **WHAT ACTION ARE YOU GOING TO TAKE WITHIN THE NEXT 24-48 HOURS TO MAKE THIS HAPPEN!?**

Now For The Good Stuff...!

Recalling your False Self

- Remember a time when you didn't feel great about yourself. You felt awkward, angry or agitated. You could have been at a very boring meeting, with the wrong partner that people said was perfect for you, a party you longed to escape from, etc
- Recall everything about that experience so you can see it as it's happening now:
 - What are you doing?
 - Where are you?
 - Who are you with?
 - What time of day is it?
 - Is it sunny or gloomy?
 - What are you wearing?
 - What are you saying?

The 3-Step Plan To Discovering Who You Really Are

- What is the response?
 - How are people acting towards you?
 - How do they make you feel?
 - How do you feel?
-
- Recall everything about it as if you are there now...in a movie

 - Now add as much colour, sound and feelings as possible, especially emotion

 - Now write down a series of adjectives that describe you during that experience. Try to come up with at least 10 words that encapsulate YOU in this movie

 - When you've written them out, sit back and look at the list. How does it make you feel?

 - **That is your FALSE SELF. Do you want to be that person anymore? No, let's hope not!**

Now, let's go onto the next part of the exercise...

Finding your True Self

- Remember a time when you felt completely and utterly you. You felt supercharged, funny, passionate, alive and utterly in the moment

- Recall everything about that experience so you can see it as it's happening now:
 - What are you doing?
 - Where are you?
 - Who are you with?
 - What time of day is it?
 - Is it sunny or gloomy?
 - What are you wearing?
 - What are you saying?
 - What is the response?
 - How are people acting towards you?

The 3-Step Plan To Discovering Who You Really Are

- How do they make you feel?
 - How do you feel?
- Recall everything about it as if you are there now...in a movie
- Now add as much colour, sound and feelings as possible, especially emotion
- Take time to reconnect, to lock onto the wavelength and to feel the strength it gives you
- **That is your TRUE SELF!**
- Now, write down a series of adjectives that describe you during that experience. Try to come up with at least 10 words that encapsulate YOU in that movie
- When you've considered those adjectives carefully, sit back and look at the list. Does this sound like you?
- Run through the movie in your mind again if you wish and experience the emotions still further. Is there anything else that needs to be added?
- Read the list out loud. It should feel solid and comforting and reassuring and should slot back into your subconscious like an old friend. You have just RECONNECTED!
- Do you recognise this person? Are you ready to become them again?
- If you're afraid that other people may not like your True Self, then you really need to think about what will happen if you stay in your False Self for the rest of your life. Write down the list and it reinforces the negative feelings

The 3-Step Plan To Discovering Who You Really Are

Your True Self triumphing over your False Self

- Write out the two lists in **bold** letters:
 - Your True Self list should be in your favourite colour and in as large a font as possible. Make the letters HUGE!
 - Your False Self list should be in something bland and in a much smaller script
- Stick both of them up on the wall beside you, or have them in an easy and noticeable place on your computer or other electronic device. This way you have a constant and strong reminder of your True and False selves.

They bear no resemblance to each other.

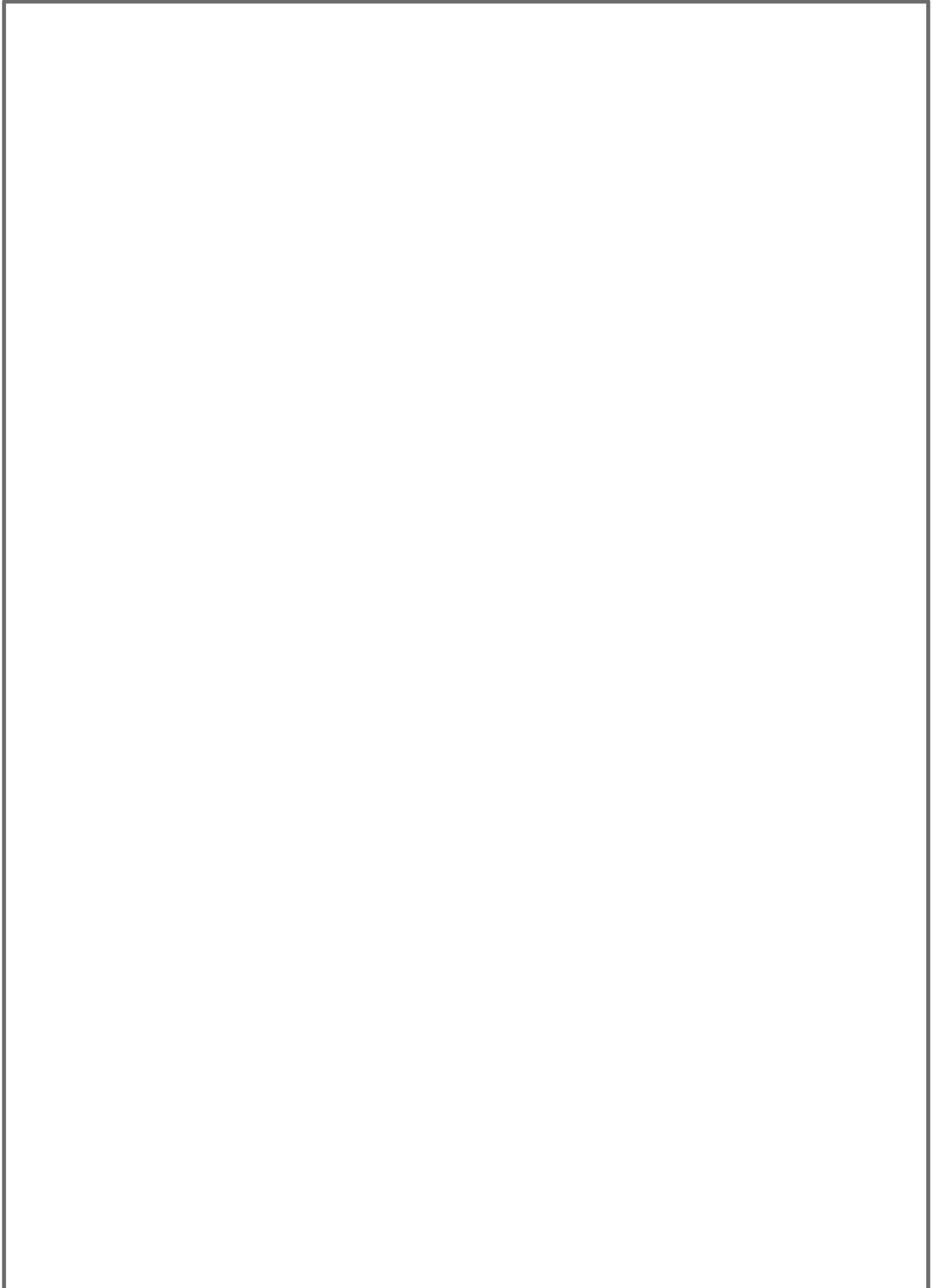
One is rich in energy, life and possibility and the other is dispiriting, hopeless and dark.

But it's more than just knowing the difference. It's about living as your True Self every day

- Look at the list of adjectives in your True Self list on a daily and certainly weekly basis and go back to the movie from which those characteristics were drawn
- During that movie what type of **animal** did you most resemble? What kind of creature leaps to mind and feels right to you?
- Then return to the False Self list. What species of animal does that bring to mind?
- Now contrast the two creatures. Which would you rather be? In which case, squash/eat/destroy the False Self animal with your True Self animal!

The 3-Step Plan To Discovering Who You Really Are

NOTES...

A large, empty rectangular box with a thin black border, intended for the user to write their notes. It occupies the majority of the page's vertical space.