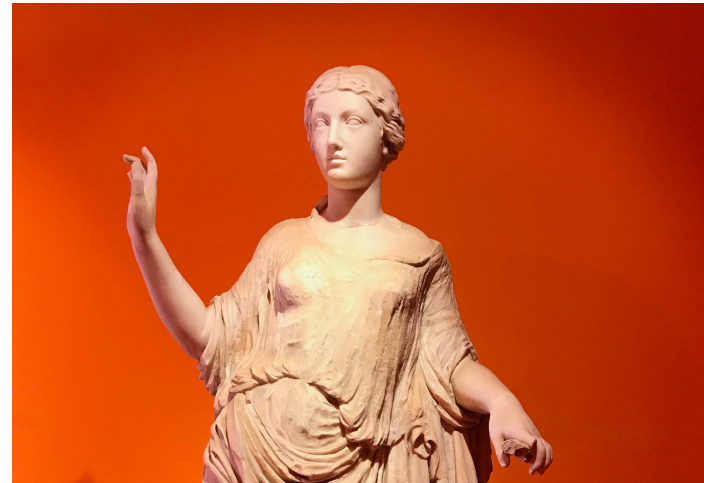


 **Know Thyself**  
Pocket Guide to Figuring Yourself Out

*“The unexamined life is not  
worth living.”*

—Socrates



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



# Introduction

This is not a question and answer book, it is a personal compass that seeks to help the writer probe into decisions about self-image, values, and desires. Our goal is to KNOW THYSELF —take stock of your current situation. Where are you right now? What is working? What is not? What has led you to this place? What might be limiting your advancement and success? It is in this “knowing of yourself” that we can define the target (your future) and build an action plan to get there.

This is YOU. Your answers. No one has to see this. If you complete this workbook now and do it again in 10 years, your answers will be completely different. What we are aiming for here is to identify where you are right NOW.

***The good thing is that we have control over NOW, the present moment, absolutely none over the past, except how we perceive it, and no control over the future, short of doing our best now to ensure a great future.***

Let's start to build a road map for our future so that we can intentionally move toward the future we want for ourselves.

This exercise is inspired by Dr. Earl Reum's workbook, *A Place to Stand While Putting Yourself Together*. The original workbook helped me understand what unique qualities I bring into the world. It helped me recognize the things in my life that formed me, both good and challenging and helped me define what I wanted out of life. I have been on that mission ever since.

*“Wisdom begins in wonder.”*  
—Socrates

**Here are some important assumptions:**

1. You are perfect as you are, where you are.
2. If you don't already know something, you weren't meant to know it yet. You learn when you need to know.
3. Your thoughts become your reality.
4. You give meaning to every situation.
5. You have infinite power to change your life, achieve your goals and move in a new direction.

## Three Essential Steps



Who am I? What makes me special? These questions help us understand where we have been, where we are, and where we want to go. In planning for the future, we don't dwell on the past or blame people or situations but rather understand what has led us to be the person we are today.



Like setting the GPS in our phones, it is essential that we define where we want to go in life. We do this by clearly defining what “awesome” looks like to us. Then, rather than letting life happen to us, we build a target and aim for it with gusto and determination. The Universe meets us half way.



Based on your awesome life plan, it is essential to create an action plan to start you on the journey. These are the short-term and long-term goals that help you take action and recognize success along the way. This is the to-do list that demonstrates your commitment to self-growth.

### Create an "I am ..." list.

Complete as many as you can easily. Add more if you need to. Let your mind wander freely. Examples: I am happy, funny, hardworking, a fashion designer, a badass at making money, compassionate, etc.

- I am \_\_\_\_\_.
- I am \_\_\_\_\_.
- I am \_\_\_\_\_.
- I am \_\_\_\_\_.
- I am \_\_\_\_\_.
- I am \_\_\_\_\_.
- I am \_\_\_\_\_.
- I am \_\_\_\_\_.
- I am \_\_\_\_\_.
- I am \_\_\_\_\_.
- I am \_\_\_\_\_.
- I am \_\_\_\_\_.
- I am \_\_\_\_\_.
- I am \_\_\_\_\_.
- I am \_\_\_\_\_.

### If I could choose to be ...

- An animal, I would be a \_\_\_\_\_.
- This is why: \_\_\_\_\_.
- A flower, I would be a \_\_\_\_\_.
- This is why: \_\_\_\_\_.
- A banner, I would read \_\_\_\_\_.
- This is why: \_\_\_\_\_.
- A tree, I would be a \_\_\_\_\_.
- This is why: \_\_\_\_\_.
- A food, I would be a \_\_\_\_\_.
- This is why: \_\_\_\_\_.
- A song, I would be \_\_\_\_\_.
- This is why: \_\_\_\_\_.
- A sound, I would be a \_\_\_\_\_.
- This is why: \_\_\_\_\_.
- A color, I would be the color \_\_\_\_\_.



A super hero, I have this superpower \_\_\_\_\_.

This is why: \_\_\_\_\_.

A bird, I would be a \_\_\_\_\_.

This is why: \_\_\_\_\_.

A book, I would be (a) \_\_\_\_\_.

This is why: \_\_\_\_\_.

### Here is who/what I am:

My good qualities, gifts, talents, skills, characteristics:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

My perceived limitations:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Here is what I can do about the above PERCEIVED limitations:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

*“To thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man.”*

—William Shakespeare

These things cause stress in my life:

These are the tapes that play in my head (from parents, society, and experience) that limit my success:

Describe your most peaceful moment in the past week.

If you could wave a magic wand and have things be immediately different, what would that look like?

In the last month, list as many moments as you can remember where you did something nice for yourself.

In the perfect world, I have MORE of this:

---

In the perfect world, I have LESS of this:

---

Best advice I have been given and followed:

---

Best advice I have received and hope to follow:

---

Advice I would like to give others:

---

List the people in your life that are the most supportive.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

List people in your life that are toxic or not supportive.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

Describe your relationship to religion and spirituality.

People I will never forget—who have really changed my life are:

If every day you say through your actions, “BE LIKE ME,” what message is that sending to those around you (kids, friends, colleagues, family)?

You are perfect. But if you could be better, what would you do differently?

Describe the most exciting thing that has ever happened to you.

What is the worst experience of your life?

Did that experience lead to something good in the end? Explain.

My greatest accomplishments so far are . . .

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

Nine things I LOVE to do are . . .

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_

Five things that were good about my home life growing up were:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

These things made my young life challenging.

**Activity:** Close your eyes and visualize a moving walkway, like the ones at the airport. This one has a slight incline. Now imagine all along this walkway there are a bunch of “yous” —Each one represents a super significant moment in your life—they could be painful moments or glorious moments. Starting at the beginning of the “yous,” visualize yourself walking up to the youngest you. Give yourself a giant hug. Whisper in your ear what you would have benefitted from knowing or hearing at that moment. Go through all the moments and hug/support all the younger “yous” who were just doing the best that they could at the time. This exercise may take a while. If you don’t finish right now, do this over the course of the next couple weeks. This is an exercise in forgiving and embracing yourself for things we drag into our future and recognizing the glorious moments that made us who we are today.

What are your main motivators (money, recognition, goals, pleasing parents or others, purpose)?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

How would \$1,000,000 in cash change your life?

What sort of work or activity brings you the greatest feeling of importance and satisfaction?

What have you always wanted to do but been afraid to try?

If you could make a significant change in your life today, what would it be?

What ONE great thing would you do if you knew you could not fail?

How much did you make last year?

How much do you need to make to be comfortable right now?

How much would you need to make to feel like you could do or have anything you wanted—total financial freedom?

If you were to wave a “magic wand,” where would you like to be 12 months from now?

In 2 years?

In 10 years?

What is holding you back or slowing your progress in life? (lack of knowledge, time, resources, cash flow, confidence in self, bad habits)?

What resources do you have that make you uniquely capable?

What resources do you need to live a happier life and accomplish your goals?

How will you know if you’re successful? What defines success for you?



### Note on goal setting:

Make sure your goals are worded in the POSITIVE and at least some of them are SMART goals:

Specific—sensible, simple, significant

Measurable—motivating and meaningful

Achievable

Relevant—realistic, results-based

Time based

Example: Rather than saying, “I want to lose weight.”

You will want to say, “Within 6 months, I will be 145 pounds, healthy and strong.”

## My Life Goals Include:

Personal:

Financial:

Physical:

Spiritual:

Career:

What are the three most important values, qualities, and factors in my life today?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What are my “must haves” in a friendship?

What are my “must haves” in a loving relationship?

What are the “must haves” in my life’s work?

*You may want to choose a mission in life that is so huge and compelling that it challenges you every day to be your best. You will only get to greatness if you aim for greatness.*

My mission in life:

What would your version of the perfect future look like? What would you need to do or be to make your perfect future a reality?

**NOTES:**

Make a list of 10 goals you would like to accomplish in the next 12 months.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



### Final Note from Becky Prater

Thank you for taking the time to begin the healing process. Healing begins with knowing oneself. Now that you have spent time looking inside at your strengths and limitations, I recommend identifying the perfect future for yourself through feng shui vision boarding coupled with power intentions. Then, establishing action steps to move toward that perfect future.

Need help with that? Perhaps a cheerleader or someone to hold you accountable? I can help with this. Give me a call.

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