

## Finding Your True Self

Life takes us on many journeys. Many journeys which we have not been prepared for or we may have been able to manage in a different manner if we had been given the gift of knowledge of our inner power.

FINDING YOUR TRUE SELF is a programme which has been developed to embark us on a life journey of personal growth to provide us with our own toolkit to help us come in contact with our real, true selves and deal with the daily challenges life throws at us more effectively. Exercise has become an active part of our daily lives as we understand how essential it is to stay fit but, in general, we do not dedicate the same effort and work to preserve our mental health. Why? We wait for problems to arise instead of trying to prevent them. All the tools we need are within us. We just need to reach out for them.

We have the power to change this. You have the power to be whoever you want to be and create the life you desire. This is the base to our own world so that everything else can grow and be created. We have to stop waiting for happiness to find us and create our own happiness.

We will become detectives and start observing and understanding our thoughts, beliefs and feelings and how we can use these to build our own SuperSelf. The best version of ourselves respecting our own essence.

We will have a peek into this and contemplate a few simple and effective techniques and strategies to develop our own personal growth and to deal with our daily challenges. Here are seven examples of the endless list we can apply to our lives. We will first look at key concepts to work on and examples of tools to help us all create our own personalised toolkit we can implement into our lives.

Create your own personalised toolkit. The one that fits you perfectly.

Step 1  
Become Aware.

Today you are becoming aware, aware of the world around you.

In a day, your mind spends slightly under half the time wondering, unconsciously, it is on automatic pilot. We have approximately 70,000 thoughts on a daily basis. Thinking about what you need to do, worrying about events that are coming up, panicking about the week ahead, mentally visualizing possible outcomes to many, many scenarios and so your mind continues on and on. To add to this, we also have the tendency of taking our minds to the negative side of things. So we need to put a stop to this. Stressful, isn't it?

Let's stop for a moment and contemplate: what positive consequence does this bring you? NOTHING. Whether you are going round and round in your head about all these things or not, they are still there and it does not help. It will not help the events of life and it could probably even have the opposite effect as you have used your brain so much so by the time you need it to work effectively it is worn out. What can we do? Choose to choose positive.

Decide here and now that you become aware. You are becoming aware that you need to use your mind when you need it and for your benefit and that you need to let these thoughts pass by. You can become aware of them, but just allow them to pass by, observe them as floating clouds which are passing by and will not be there soon and will not affect you. Today I have decided the thoughts I listen to.

We can then take another step. Experience the experience. We have reached the point when we have become aware of our thoughts and are trying to train them so we use them for our benefit only. We are aware of all the thoughts and ideas that go through our mind on a daily basis. We have decided to recognize this, so now we have started working on that, what else can we do?

We can be present. Pay all of our attention to the activity we are doing in that moment and not to our minds.

For example: when you are washing your hands use all your senses to bring your attention to this activity. Feel the temperature of the water on your hands and how it runs through your fingers. Smell the soap and feel the sensation of it rubbing on your hands and your hands rubbing together. Be present through it. Do not let your mind wander off anywhere else. This helps you enjoy your life more, live your experiences to the maximum and silence the unwanted thoughts which appear in your mind.

To begin with this can be quite complex, but after lots and lots of practice it will end up coming naturally. It does not matter what you are doing...live it, experience it and remember it with all your senses.

Your mind will rest, it will stop wandering off to unwanted places and you will actually be able to experience the experience of life to the fullest.

## Toolkit

### My Deepest Me.

This is an area which has been designed so you can simply write down any events, thoughts, ideas, feelings you have had and let it out when you need to. This is a step towards letting it go and reaching the incredible freedom you have desired to do much. Get to really know yourself. Who better to trust than yourself?

### Experience the experience.

Start by trying to do this with one activity a day and slowly increase and bit by bit you will realise that you do this unconsciously. Any activity you do during the day: washing your hands, washing the plates, walking, sitting, drinking a coffee, eating a piece of food....anything at all.

### Feel your body.

When you feel like your mind is wandering away, put all your concentration and energy on really feeling an area of your body. It is actually amazing how we don't really stop to feel our body and when you do you will realize there are so many physical feelings you are not even aware of. This leaves room for your mind to rest and take a break and you to connect and focus on your body.

### Focus on your breathing.

This is amazing. We breathe all day, yet we do not do this on a conscious level. If you stop and do it consciously at certain moments of the day, you will discover a whole new world full of bliss. Simply become aware of your breathing. The effects are life-changing.

### Distract your mind.

Distract your mind by changing your unwanted thoughts into a beneficial catchphrase which will give you the strength to continue on. "I choose to become aware of the present. I have the power to do this." This is just an example. You can choose any phrase which works for you. This enables you to not let your mind consume you, you are only allowing it to be in use when you need it. Just allow the time necessary and enjoy your journey towards peace and calm. Only you have the power to help yourself, do so, but at your speed. As you need.

## Step 2

### Be Your SuperSelf.

You have the biggest power of all. You.

What is Your SuperSelf? It is the best version of you. Personal growth is intentional. It doesn't just happen, we have to discover who we are. BE who you want to be, not who others expect you to be and grow to be the best version of yourself, the best you could possibly be with your perfections and imperfections. Be proud of who you are. Fight for whatever you want to get from life. The most important relationship in life is the one with yourself, the rest are built on that. Love yourself, identify your uniqueness, values and worth. Love yourself for who you are. Being different is something positive, celebrate it.

Believe in Yourself. This is a key element to achieving what you want from life and becoming the best version of you. However, it can also be one of the most difficult to achieve.

There are many times in life that the only thing stopping you from reaching a specific goal is you. Your mind plays its tricks and starts wondering if you can do it, will you be good enough and speculating about all the ifs and buts that may arise.

This is a vital part of our existence. It is one aspect to achieve but something that can sometimes be so hard to reach and at the same time a key element to our lives. The start to achieving the life you want is believing in yourself and believing you can do it. However, this is such a complex journey and many people go through all their life without managing to, so this is why it is important to dedicate time and effort to this and start the earliest possible as this increases the chances of having a successful life.

However, once you achieve this goal there is no stopping you. The feeling of accomplishment which will invade you and the opportunities in life it will offer you are inexplicable. Don't be afraid, let yourself out to the world, Be you, that is your power in life.

## Toolkit

### Let Yourself Shine.

These are catchphrases that help build guide you towards the person you desire to become. They are always with you so you can reach them at any moment when you feel they are needed. Sometimes we underestimate the power of confidence.

How does this work? You develop a list of phrases that you feel identify with you and your essence. It works by repeating it to yourself at any moment you can. You can repeat it in your mind or out loud, choosing the option you feel most comfortable with. They help direct you towards the life you wish to reach and the person you desire to become. This trains your brain to believe this statement which you are repeating to yourself. You could choose to have a different phrase each day, or each week, whatever you feel will be more effective for you. The objective is that in the end you believe what you are telling yourself. The more times you repeat it, the quicker this will happen.

Here you can find a tiny list to give some examples. There are quite a few dedicated to self care and confidence as these are key ingredients to leading your ideal life. There are an endless number out there waiting for you to reach them.

- Aim to be of value.
- Being kind is the key to happiness.
- Happiness depends on ourselves.
- You can't control what happens to you, but you can decide how you react.
- You always have the power to make your own decisions.
- Your micro decisions can change your life. Remember that.
- Let yourself be invaded with the feeling of gratitude.
- Your actions define you, not your thoughts.
- A meaningful life doesn't mean a perfect one.
- Look after your thoughts and emotions. Don't judge them.
- Simply accept your life experiences, don't judge them.
- Acceptance is needed to reach happiness.
- Nothing can cause you pain without your consent.
- An event by itself has no emotional content. It is your interpretation that causes your emotions.
- In acceptance you can find change.
- True inner peace is not affected by externals.
- Be present. Life is now.
- Think before you act.
- Don't judge.
- Feel what you need to feel and then let it go and be free.
- Be Your SuperSelf.
- Always believe in yourself.
- Change the world by being yourself.
- Be the person you want to be. It is your choice.
- Only you have the power to choose how you: feel, think and act.
- Your Super Power: there is only one you!
- Believing in yourself is one of the most powerful forces.
- Be kind to yourself. You are unique.
- I accept myself for who I am.
- Act it until you are it.
- I can dream it, so I can do it.
- I am the most valuable investment I will ever make.
- My mind is beautiful.

### My SuperHero Flash Thought.

This is a simple, general thought which has a lot of strength and energy for you, so at any moment when you are feeling you are getting stressed, down, insecure or feeling anything that you do not appreciate, you have this phrase that instantly gives you that SuperHero effect. It helps you in difficult times. It helps you feel better, like a comfort approach. You are invincible.

This becomes more and more beneficial the further practice you have. It may reach the point when you are able to develop the skill in which you can identify the situations which require this and create other SuperHero thoughts which would benefit you. This requires a lot more time and consideration and can be developed bit by bit.

### My Power Mirror.

This is a visual resource to help train your brain into building a more healthy and beneficial thinking style. The objective is that you elaborate your own Power Mirror. This consists of any of the phrases you have developed in any other department which are especially significant to you, images, symbols (anything you would like to include) which works towards giving you the confidence in yourself you wish to acquire. This can be made on a piece of paper, card, in your journal, on any computer device, on post-its placed around your house... whichever option is best for you. This is placed in your home in an area you have visual access to often. Anywhere you want. The rest is left to your creativity. Let your imagination fly away and take you on a unique journey.

### Step 3

#### Goodbye Judgement, Hello Acceptance.

Everything in life is as it should be. Accept the beautiful of life in all its phases.

This is an essential concept. From the moment we wake up in the morning our brain judges everything, we label everything into the category of good, bad or pretty, ugly etc. We do not just accept things as they are but we feel we should give it a label, why? Why do this? This does not help at all, on the contrary. The work it involves is constantly criticizing, categorising and labelling things in our life. Let's look at an example. You have a lot of homework or work to do at home. From the second you realize this you are thinking. "Oh no, I can't believe I have to do this now, it is going to take so long, I don't want to..." and so the story continues. Does this change the fact that you have to do it? NO. It does not. So, instead of all this negative thinking and feelings we could just say to ourselves, "I accept the task I have to do. A positive attitude makes everything better." This does not change the fact that the action has to be done but it does change the attitude towards which it is done. Doing this means that the whole experience will be easier to get through and will end up being more productive as your attitude will probably change the effectiveness with which the task is done. This can be applied to anything in life.

There will always be lots of things in life we have to do we do not know what to do but as long as we accept them and embrace them positively it will help us lead a more satisfying life.

### Toolkit

#### Become aware.

You will judge to begin with, it's only natural to do so, but when you acknowledge you are, choose to stop. Choose to stop judging. Become conscious you are judging. This is already a huge step.

#### My Deepest Me.

Once again we can use this to free all our thoughts and feelings.

#### My SuperHero Flash Thought

Have your SuperHero Flash Thought at hand to bring you back to the path you have chosen to embark on.

#### Step 4

#### Action time.

Act it until you make it.

We have seen the importance of trying to change and modify our mindset and how this can influence our lives tremendously. Now we are going to add another concept which goes hand in hand with the previous one.

It is action time. YES. This is very simple and at the same time has been proven to be extremely effective and may offer visible effects more quickly than other points.

Start acting how you want to be. If you do this, working at a conscious level you will soon find that you are no longer acting. You have tricked yourself into actually being able to become the person you want by simply taking action. Start by using visualization. Visualize how you want your life to be, how you want to be...focus on any aspect or concept at all. The more detailed, the better. Put all your senses into it.

It is time to take it a step further. Have you decided you want to be a kind and generous person? Start doing kind and generous actions. To begin with these will be done consciously, but once you have done it repeatedly you will realize it becomes unconscious and actually becomes a part of who you are. Do you want to be more sociable? Well, stop waiting for this to magically happen, as it won't and start being more sociable.

Apply this to any aspect of yourself you want to change, experiences you would like to live and do not let anything or anyone stop you from doing this. It is all about making the decision to do so. It is that close to you. It is just one decision away from being true. Use all your courage and put it into action.



## Toolkit

### My me Goals.

This is another opportunity to consider any aspects of yourself or your life you would like to change. Write them down. Bring them to a conscious level and start working on them. Write them down so you can visualize them. It will take time and you might not like the feelings to begin with but it will be completely worth it.

### Calendar it up.

You could elaborate a calendar and add one action for each day. To begin with they should be relatively simple and as the days go on make them harder. This will help you plan more effectively and organize your thoughts and feelings bringing them to a conscious level.

### Calendar it up.

Day	Action It Up	Tick if Achieved
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

### Flash Image.

This is an image you can visualize at any moment which gives you the strength and the energy to work towards these objectives. This will give you the push you need towards action.

Step 5  
Challenge your Challenge.

All emotions are essential. Live them. Embrace them.

However much we work on our inner growth there will still be moments, days or even weeks when we find this incredibly hard to put into practice because of all our external and internal parts playing the role they do.

If we change our perspective of how we perceive the experiences our life can change. Identify and manage your emotions and those of those around you. Being able to recognize and embrace your emotions and those of others is an amazing skill we can all learn.

Everyone has unpleasant feelings, feelings they wish they did not experience. However, these feelings and experiences we have, help form an essential part of who we are, they help you grow, build strength and power. So why do we look at them as something negative? They are not, they simply may make us feel uncomfortable in a specific moment, in the short vision of life, but they guide and help us grow. The solution is simple, change the language we use when we think about these feelings. Don't consider them as something bad or negative. On the contrary, find your catchphrase that helps you embrace them. "They help me learn, strengthen, grow and build power." Find out what you can learn from it that will be beneficial to you.

Something essential you need to remember is that they may be here now, but they will go. They may feel like dark clouds forming above us and you may even see raindrops fall, or a thunderstorm occur, but they will end up disappearing and the sun will shine.

Toolkit

My Emotions and Me.

Connect with your emotions.

There are five essential steps which help you reach this:

1. Become aware of emotions.
2. Identify the emotions and where they came from.
3. Accept Them. Cherish them.
4. Learn how to manage them.
5. Learn how to manage those of others.

Once you have done this you have identified your unique way down this road. If you are able to really get to know yourself, deep down, the real and authentic you, it will help you understand and accept yourself for who you are. It will help you make better decisions.

## Deep Self Care Time.

Self-Care is a key element. Go deep. It is a combination in which you are working on calming your mind, concentrating on your breathing and feeling your muscles stretch and relieve any tension you may have built up.

Procedure. You need to find a moment in the day to do this when you can concentrate on the task. The time dedicated depends on the time you have and the time you wish to dedicate to this. It could go from only a few minutes to however long you want. You could do it once a day or more frequently. Whatever feels right for you. There are different activities for you to practice. You can try and decide which one works best for you or mix and match depending on your specific needs. Make your own set of procedures.

You will then need to find an area where you feel you have your own space and is comfortable and familiar. Sit down in a comfortable position with your back straight. You choose the posture which feels right for you to do this.

- Tense to Relax

Close your eyes. If any thoughts come into your mind just acknowledge them and then give them the permission to leave.

Tense and release. Choose the areas of your body you wish to work on for this activity. You tense them for about 5 seconds and then release. It will help you release tension and feel more relaxed and calm. You work through your body using the areas of your body you wish to and in the order you would like. In the moment it should relieve anxiety and if it is practiced on a regular basis it can also decrease your general stress and tension levels.

- My Breathing Style.

Find your own breathing style.

We underestimate the effectiveness of breathing on our body and mind as it is a characteristic of ourselves that normally comes to us naturally. However, you have the ability to stop and focus on it and find the way to use this natural process as a tool.

Stop and concentrate on yourself. Breathe in deeply and hold your breath for a brief, few seconds and then slowly exhale. You should feel as if you are getting bigger and stronger. You can take this further and use the double it technique. For example: you breathe in for 4 seconds and exhale for 8. You choose the number of seconds which makes you feel comfortable and effective. Another way is to simply become aware of your breathing and let it happen naturally. There are so many available. Just investigate and find the one which works for you.

Breathe in positive energy, exhale negative energy. Cleanse your inner self by just stopping to focus on your breathing. Give yourself this time.

### My Safe Place.

This is a place you are able to visualize in your mind. It is a place you can mentally go to when you are in difficult situations and just need a moment to disconnect and relax. It makes you feel warm and safe. When you decide which your place is going to be you need to take into account all your senses. What can you see? What can you smell? What can you hear? Can you taste anything? Can you touch anything? This way you are creating the most realistic image possible. A key element is to include your sixth sense... your feelings. This will help you contemplate in that exact instant the beauty of life and how nothing else fits in. This means it is as real as you can achieve, creating the effect you are aspiring to.

### Pause, reflect and play.

This is a great exercise when you start to notice some negative feelings coming from within.

When this happens you follow these three steps -

Pause My World. This is the moment you stop whatever you are doing and become aware that you are feeling this sensation. It is a good moment to use breathing techniques to help you pause before you press play again.

Reflect. Now is your moment to analyse what you are feeling and why. What options do you have? Observe your alternatives and then consciously choose the one which would be most beneficial for you.

Play. Put your choice into action.

### My Feelings Dictionary.

Recognizing your feelings is essential to help you be able to deal with them. Our thoughts cause us to feel how we do, so become aware of them to help you develop a happier life. Identify which are your most common ones and simply write them down, or draw them if you prefer or use an emoji for each one but a tool which helps you identify them effectively.

### My Feelings or Mood Tracker.

Once you are able to identify your feelings it is a good idea, while you are in the transition process, to keep track of them. This enlightens your awareness of the frequency of each feeling and you may be able to identify certain triggers for the less positive ones and this way find it easier to prevent them or prepare for the. You can also develop your creative and artistic skills by elaborating scenes to help you keep track. Whilst developing them you are engaging in a relaxing and peaceful activity.

Step 6  
My Life Mottos

You are the author of your life.

We have now looked at different aspects to work on so we need to press the pause button, pause and contemplate what you want your life to be like. What do you want the essence of your life to be?

Look at some life mottos together.

- When things change inside you, things change around you.
- Rule your mind or it will rule you.
- Be the energy you choose to be.
- I can choose how to perceive every situation.
- Success comes from within, not from externals.
- Everything I need is within me. Live from the heart.
- Make gratitude a part of my inner self.
- Connect with your feelings. Be conscious of how you feel.
- Only our thoughts and attitudes create our reality. They are the ones that can hurt us...or heal us.
- Peace of mind comes from true acceptance. Accept everyone and everything as it is.
- All that I give is given to myself.
- Act how you want to be.
- We cannot change the external world but we can change our perceptions and inner self.
- Never forget that you create your own happiness. Start today.

Be True to Yourself and the life you dream to live. It is your choice.

Step 7  
Gratitude

Being grateful. Such a blissful state.

We spend so much time focusing, worrying and complaining about the obstacles we encounter in our lives but how long do we spend thanking and being grateful for everything we have?

There are scientific studies which have proven that we, as humans, focus more on the negative aspects of life than the positive ones, how sad is that? Let's look at an example: you are with a loved one having a deep and meaningful conversation about your relationship. This person tells you 20 wonderful things about yourself, but mentions one aspect that they don't appreciate so much. Out of those 21 things that have been said, what will a person tend to cling on to? Yes, that ONE negative one. No wonder we have so many difficulties finding happiness. This is a clear area we need to change bit by bit.

How can you start? By simply being grateful. Grateful for everything we have. To begin with, this does not come naturally. It actually takes time and effort to feel gratitude, but if you long for it enough and work towards reaching it, you will. You definitely will.

There are many different ways you can start your journey towards gratitude on a conscious level and then you will find that gratitude will find you unconsciously.

You could choose to make a list for everything you are grateful for in life, or you could say it out loud to yourself, whichever way works the best for you. Make sure you really feel it when you say it, acknowledge the power of what you are being grateful for.

Summary - Start being grateful for the life you have. Focus on the positive.

## Toolkit

### My Gratitude Map.

This is an area designated for you to be able to contemplate and write down everything you feel grateful for in life. Make a gratitude map for all the things you are grateful for in your life. Place it somewhere you see frequently. Let it sink in deep down.

### Start every day with a gratitude phrase.

A positive start to our days. Becoming aware of the positive aspects of the world. You can either mentally bring this awareness to your life or say it out loud. Choose whichever method is effective for you. This could also be taken to another level and be repeated during the day. In this activity you could even plan your gratitude phrase for each day to help you plan ahead.

### A Gratitude Letter.

Write a letter to yourself or to a loved one expressing everything you are grateful for in life and how this makes you feel. Open your heart. Don't filter...simply express everything you feel. Simply Be. Life is beautiful. Embrace it. Be thankful.