

BECOME

THE BEST

VERSION OF

Yourself



CHECKLIST

CHECKLIST

- **Being yourself**

- Is not about pleasing others
- is not about hurting others
- is not about doing things you dislike
- is not about forcing yourself to do something
- is not about being hard on yourself
- is not about judging others and comparing yourself
- is not about being a victim of your surroundings
- is not about attracting more fans on social media

- **Assess yourself in various areas of life**

- Business, Career and Professional World
- Love and Romantic Relationship
- Family
- Friends
- Acquaintances and Neighbors
- Self

- **Projecting yourself**

- What would you change about your life?
 - External projections vs. internal reality

- **Learn your triggers**

- To what do you react emotionally?
 - Triggers vs. internal reality

- **Barriers to yourself**

- Five wounds that limit us from being our true self
 - Abandonment
 - Physical body

- Lack of tonus
 - Long and slender
 - Back rounded and sagging
 - Need help to hold on
- Common traits of that wound
 - Don't feel like they are enough
 - The constant need of support and help
 - Emotional ups and downs
 - Seek an opinion from others
 - Seek approval from others
- Fear of loneliness
- Betrayal
 - Physical body
 - Strength and power
 - Men: shoulders wider than the lower body
 - Women: lower body larger than the shoulders
 - higher the asymmetry, greater the wound
- Common traits of that wound
 - Interrupt others when they speak
 - If not fast enough, get angry
 - Can struggle with laziness
 - Impatient and intolerant
 - Do not show their vulnerability
- Fear of disengagement and separation
- Injustice
 - Physical body
 - Rigid body
 - Stiff neck
 - Rigid movements
- Common traits of that wound
 - Rigid and lack flexibility

- Perfectionist
 - Envious
 - Cut from their feelings
 - Often cross their arms
 - Fear that people will be cold toward them
- Humiliation
 - Physical body
 - Large and round body
 - Round face
 - Broad and rounded neck
 - Common traits of that wound
 - Ashamed of themselves
 - Afraid to shame others
 - Feel unclean
 - Put the needs of others ahead of theirs
 - Fear of freedom
- Rejection
 - Physical body
 - Fleeting physique
 - Become very small
 - Common traits of that wound
 - Doubt the right to exist
 - Fleeting
 - Constantly seek love
 - Feel guilty when rejected
 - Fear of panic and anxiety

- **Creating boundaries**

- Learn to say “no”
 - Surround yourself with people who appreciate you
 - Stop trying to please others
 - Be compassionate and stop feeding the drama

- Be clear about your values
- Assert yourself
- Do what feels right with compassion and love
- Distance yourself from things that are not aligned with you
- **Increase your self-confidence**
 - Assess your level of comfort with compliments
 - Recognize your qualities
 - Strengthen your self-esteem
- **Increase your self-esteem**
 - Respect yourself
 - Let go of how others perceive you
 - Let go of the need for approval
 - Appreciate yourself
 - Be proud of your accomplishments
 - Recognize your skills
 - Learn to love your physical body
- **Connect with your authentic self**
 - Genuine
 - Real
 - Integrity
 - Don't try to please others
 - Unique
 - Don't copy others
 - Do what lies in your heart
 - Stop comparing yourself
 - You are enough
 - Do what make you happy
- **Reconnect with your inner child**

- See failure as opportunities for growth
- Experience life through play
- Don't stop yourself for others
- Love unconditionally
- Be in the present moment
- Forgive others and yourself
- Love yourself
- Express your emotions in a healthy way

- **Tame your inner voice**

- Pay attention to your self-talk
- Replace your negative self-talk with positive affirmations
- Be aware and change it

- **Increase your self-awareness**

- Recognize your emotional state
- Try to find emotional balance
- Don't let emotions control you
- Experience the great benefits
 - Experience a greater ability to recognize your emotions
 - Improve your critical thinking
 - Improve your relationships
 - Live in the present moment
 - Experience more joy and happiness
- Recognize when not in alignment with the true self