

Become The Best Version of Yourself

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

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

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-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

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

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

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

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

Betrayal

Physical body

Rigid body

Stiff neck

Rigid movements

Rigid and lack flexibility

Perfectionist

Envious

Cut from their feelings

Often cross their arms

Fear that people will be cold toward them

Injustice

Physical body

Large and round body

Round face

Broad and rounded neck

Ashamed of themselves

Afraid to shame others

Feel unclean

Put the needs of others ahead of theirs

Fear of freedom

Humiliation

Physical body

Fleeing physique

Become very small

Doubt the right to exist

Fleeing

Constantly seek love

Feel guilty when rejected

Fear of panic and anxiety

Rejection

Assess your level of comfort with compliments

Recognize your qualities

Strengthen your self-esteem

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

Tame Your Inner Voice

Pay attention to your self-talk

Replace your negative self-talk with positive affirmations

Be aware and change it

Become The Best Version of Yourself

1. Being Yourself

- 1.1. Is not about pleasing others
- 1.2. is not about hurting others
- 1.3. is not about doing things you dislike
- 1.4. is not about forcing yourself to do something
- 1.5. is not about being hard on yourself
- 1.6. is not about judging others and comparing yourself
- 1.7. is not about being a victim of your surroundings
- 1.8. is not about attracting more fans on social media

2. Assess Yourself in Various Areas of Life

- 2.1. Business, Career and Professional World
- 2.2. Love and Romantic Relationship
- 2.3. Family
- 2.4. Friends
- 2.5. Acquaintances and Neighbors
- 2.6. Self

3. Creating Boundaries

- 3.1. Learn to say “no”
- 3.2. Surround yourself with people who appreciate you
- 3.3. Stop trying to please others
- 3.4. Be compassionate and stop feeding the drama
- 3.5. Be clear about your values
- 3.6. Assert yourself
- 3.7. Do what feels right with compassion and love

3.8. Distance yourself from things that are not aligned with you

4. Increase Your Self-Esteem

4.1. Respect yourself

4.2. Let go of how others perceive you

4.3. Let go of the need for approval

4.4. Appreciate yourself

4.5. Be proud of your accomplishments

4.6. Recognize your skills

4.7. Learn to love your physical body

5. Reconnect With Your Inner Child

5.1. See failure as opportunities for growth

5.2. Experience life through play

5.3. Don't stop yourself for others

5.4. Love unconditionally

5.5. Be in the present moment

5.6. Forgive others and yourself

5.7. Love yourself

5.8. Express your emotions in a healthy way

6. Increase Your Self-Awareness

6.1. Recognize your emotional state

6.2. Try to find emotional balance

6.3. Don't let emotions control you

6.4. Experience the great benefits

6.4.1. Experience a greater ability to recognize your emotions

6.4.2. Improve your critical thinking

6.4.3. Improve your relationships

6.4.4. Live in the present moment

6.4.5. Experience more joy and happiness

6.4.6. Recognize when not in alignment with the true self

7. Tame Your Inner Voice

7.1. Pay attention to your self-talk

7.2. Replace your negative self-talk with positive affirmations

7.3. Be aware and change it

8. Connect With Your Authentic Self

8.1. Genuine

8.2. Real

8.3. Integrity

8.4. Don't try to please others

8.5. Unique

8.6. Don't copy others

8.7. Do what lies in your heart

8.8. Stop comparing yourself

8.9. You are enough

8.10. Do what make you happy

9. Increase Your Self-Confidence

9.1. Assess your level of comfort with compliments

9.2. Recognize your qualities

9.3. Strengthen your self-esteem

10. Barriers To Yourself

10.1. Five wounds that limit us from being our true self

10.1.1. Abandonment

10.1.1.1. Physical body

10.1.1.1.1. Lack of tonus

10.1.1.1.2. Long and slender

10.1.1.1.3. Back rounded and sagging

10.1.1.1.4. Need help to hold on

10.1.1.2. Common traits of that wound

10.1.1.2.1. Don't feel like they are enough

10.1.1.2.2. The constant need of support and help

10.1.1.2.3. Emotional ups and downs

10.1.1.2.4. Seek an opinion from others

10.1.1.2.5. Seek approval from others

10.1.1.3. Fear of loneliness

10.1.2. Betrayal

10.1.2.1. Physical body

10.1.2.1.1. Strength and power

10.1.2.1.2. Men: shoulders wider than the lower body

10.1.2.1.3. Women: lower body larger than the shoulders

10.1.2.1.4. higher the asymmetry, greater the wound

10.1.2.2. Common traits of that wound

10.1.2.2.1. Interrupt others when they speak

10.1.2.2.2. If not fast enough, get angry

10.1.2.2.3. Can struggle with laziness

10.1.2.2.4. Impatient and intolerant

10.1.2.2.5. Do not show their vulnerability

10.1.2.3. Fear of disengagement and separation

10.1.3. Injustice

10.1.3.1. Physical body

10.1.3.1.1. Rigid body

10.1.3.1.2. Stiff neck

10.1.3.1.3. Rigid movements

10.1.3.2. Common traits of that wound

10.1.3.2.1. Rigid and lack flexibility

10.1.3.2.2. Perfectionist

10.1.3.2.3. Envious

10.1.3.2.4. Cut from their feelings

10.1.3.2.5. Often cross their arms

10.1.3.3. Fear that people will be cold toward them

10.1.4. Humiliation

10.1.4.1. Physical body

10.1.4.1.1. Large and round body

10.1.4.1.2. Round face

10.1.4.1.3. Broad and rounded neck

10.1.4.2. Common traits of that wound

10.1.4.2.1. Ashamed of themselves

10.1.4.2.2. Afraid to shame others

10.1.4.2.3. Feel unclean

10.1.4.2.4. Put the needs of others ahead of theirs

10.1.4.3. Fear of freedom

10.2. Rejection

10.2.1. Physical body

10.2.1.1. Fleeing physique

10.2.1.2. Become very small

10.2.2. Common traits of that wound

10.2.2.1. Doubt the right to exist

10.2.2.2. Fleeing

10.2.2.3. Constantly seek love

10.2.2.4. Feel guilty when rejected

10.2.3. Fear of panic and anxiety

11. Learn Your Triggers

11.1. To what do you react emotionally?

11.2. Triggers vs. internal reality

12. Projecting yourself

12.1. What would you change about your life?

12.2. External projections vs. internal reality