

To
Know Thy Self
is to
Live Your WOW!

*Begin Your
Journey*

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of

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- ✚ When you consider your career and life choices, do you feel stuck?
- ✚ Are you leading an organization that has lost focus and its drive for a new success?

We begin to stagnant when we have lost our purpose. Teams suffer when there is misalignment. And organizations lose their momentum when their reason for being is not clear. Here is an opportunity to build a new platform for success.

Inspired Solutions offers this mini self-assessment to guide self-reflection. It is an important tool to help you live authentically. It sets the path to positive change and sustainable growth.

It helps you to –
BECOME YOUR WOW!

Imani provides 1x1 coaching sessions, group coaching, support activities, workshops and retreats for individuals, teams, organizations, and small businesses.

When you unpack your purpose and values, you bring a stronger you to the table.
You bring a positive impact, and you have the tools to align individual and team goals.

Gain clarity. Become focused. Change habits. Be more agile, able to direct the planned and manage the unplanned. Be re-energize!

This mini self-assessment has five sections. Sit down in a quiet place to do each. It may take you a couple of days to complete it. That's okay.

It is for self-reflection, to know thyself!

If you have any questions, email "Self-Assessment" to talkwith@liveonhigh.com or post in the Facebook group, Fearless Women.

<https://www.facebook.com/groups/fwloh>

You get automatic access to Fearless Women when you request the self-assessment.

Finding Me - The Authentic Me *Begin Your Journey*



THE PROMISE OF PURPOSE

I make known the end from the beginning, from ancient times, what is still to come. I say, 'My purpose will stand, and I will do all that I please.' —Isaiah 46:10

Sometimes we don't know ourselves as well as we think - until we visit our own story. Let's unpack a few points in your story. The first three activities will give you a starting point, a view of where you are today, and the possible stumbling blocks. It's an opportunity to look at you afresh, with different eyes, looking for different benefits. Here, let's begin with a starting point.

Describe yourself from your earliest memory of joyfulness.

- Who were you at birth? Okay, we don't have a birth memory, but we have early, memories that encouraged us. Sit, breath, relax, and find them.
- Can you describe the essential character you were born with?
- What is your earliest memory of success, that made you feel special or loved?
- What were the promises and challenges released into the world when you found that joy?
- As you grew and became self-conscious, did that joyous experience guide you? If not, why not?
- Now, as you reflect on that special experience, do you see a spiritual promise of renewal at work? If so, when, and how? If not, do you want to?

Get On The Good Foot with Let It Happen, 1 minute.

Remember what it was like to dance like this! Stand up and join in!

https://www.youtube.com/watch?v=mlvN68mjKEM&list=RDmlvN68mjKEM&start_radio=1

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YOU TODAY

Owning our story can be hard but not nearly as difficult as spending our lives running from it. —Brené Brown

The importance of life is found in our essential purpose. We often miss that purpose, for many different reasons. Let's see if you can rediscover it. It begins as an aspiration. It is driven through your life experiences.

Now I ask you to again describe yourself, but from a different perspective.

Describe yourself as you would to an intimate stranger. Describe the person you are today. The intimate stranger is a person you do not know. They do not know your background. There is no judgement, only curiosity. Be honest. Feel free to share intimate memories, the good, the bad and the ugly.

- Who are you?
- How would you define your character?
- What experiences have shaped you the most?

Do the hard work and write it out, pen on paper. This is the you that you have become. It may be different from the essential purpose described above. That's okay. It's an important discovery.

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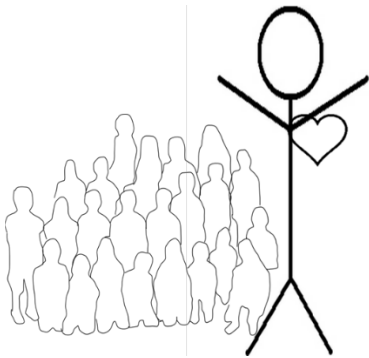


STUMBLING BLOCKS

Knowing others is intelligence; knowing yourself is true wisdom. —Lao Tzu

Stumbling blocks come from the heart, head, people, organizations or from any combination of these. Each stumbling block brings discontent and a continuous dissatisfaction with life. And yet, we decide to live with discontent, assuming it is normal. It is okay. We tell ourselves, “That’s life”.

So I ask you, if our discontent does not serve us in our most difficult times, does it have any benefits? We can do all the “right things” but not do the useful thing, the righteous thing. When we choose to grow, we must walk away from our human frailty, arrogance and discontent and walk toward wisdom. This is not about settling for less; it is about gaining more.



What is your challenge? And how will you overcome your stumbling blocks?

- **Heart** – What motivates you?
- **Head** – Is your intellect a tool or a goal?
- **People and Organizations** – How do you address issues of truth within the group? Exit, confront, teach, love?

What do you want to change?

Listen to Brené Brown on daring greatly, 15 minutes:

<https://www.youtube.com/watch?v=fE6fa7OpVu0>

Then, unpack your challenges in the next section.

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DEFINING THE GAP; WHAT IS THE DIFFERENCE?

What you do makes a difference, and you have to decide what kind of difference you want to make. —Jane Goodall

What is the difference between your answers to the YOU TODAY (the person you have become) and THE PROMISE OF PURPOSE (the person defined in your early years)?

Can you describe this difference yet? Try to describe the gap, with no judgement.

For example:

GAP		
TODAY	I am hesitant to assert myself.	People: I listen to people as they downplay what I do, and I retreat emotionally. I don't have energy for the things I truly enjoy.
PROMISE	I enjoy doing different things.	

When you describe the difference, which difference has the most significant gap? It is significant because it impacts other things. And does that gap come from your HEART, HEAD, or PEOPLE?

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GOAL SETTING

One can choose to go back toward safety or forward toward growth. Growth must be chosen again and again; fear must be overcome again and again. —Abraham Maslow

What do you want to change? Why is this change important to you?

Write a letter to yourself –

- Describe the desire that comes from the promise of your purpose.
- What seeds of hope were planted from your purpose?
- How much detail can you give to your purpose? What does it look, taste, smell and feel like?
- What do you see when you look through your tears of joy?
- What will your change look like? In what areas will there be change? What do you anticipate as the greatest challenges

Begin to prioritize.

And now, as a way to relax and think about all the work you have done,
Watch the movie “IF” and laugh at what it means to reconnect with your childhood
imagination.

<https://www.youtube.com/watch?v=mb2187ZQtBE>



Learn more about the offerings from Imani Milima.

Decide where you want to begin.

- There are short-term, quick result, targeted skill enhancement courses.
 - Courses that form a personal development plan.
- And the transformational, deep dive FINDING-ME JOURNEY.

VISIT

www.imanimilima.com/programs

Or, set up a discovery call. Let's talk and discover which options are for you or your team.

Having completed this assessment, you are eligible for a program discount.

<https://InspiredSolutionsLOH.as.me/LetsTalkwithImani>