

To  
Know Thy Self  
is to  
Live Your WOW!

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*Begin Your  
Journey*

*Imani Milima*  
*of*  
*Inspired Solutions*

*Offers this mini self-assessment to help guide self-reflection as an important first step toward living authentically and BECOMING YOUR WOW!*

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

*When you unpack your unique purpose and values,  
you bring value, and have the tools to align individual and team goals.*

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

*Sit down in a quiet place to go through each of the five sections. You will need a few days to complete the assessment. Take your time. This is for self-reflection. The better you know you, the more you are ready to make the changes for growth - changes you will choose.*

*Any questions to complete the Self-Assessment*

*Email - Self-Assessment as the subject. [talkwith@liveonhigh.com](mailto:talkwith@liveonhigh.com)*

*Or, post in the Facebook Group - Fearless Women,*

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

*(You get access to Fearless Women when doing the self-assessment.)*

## Finding Me - The Authentic Me Begin Your Journey

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### 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. They 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.*

Describe yourself from your earliest memory.

- Who were you at birth? 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 at your finding that joy?
- As you grew and became self-conscious, what guided your choices? 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?

Watch this 6 min video on the liberation effect of love:  
<https://www.youtube.com/watch?v=qULRYqAphjc>  
Maya Angelou

### 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 what is that purpose, for many different reasons. Let's see if you can rediscover it. It begins as an aspiration. It is driven through our 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. 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 most?

Do the hard work and write it out on the next page - pen on paper. This is the you that you have become.

*Use your important experiences to craft a timeline of high points and hard times, to build a life map. This is a two-day activity. Compare the information from the life map to your responses to **The Promise of Purpose** and **You Today**. <https://imanimilima.com/lifemap>*

*Finding Me - The Authentic Me*  
*Begin Your Journey*

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## Finding Me - The Authentic Me Begin Your Journey

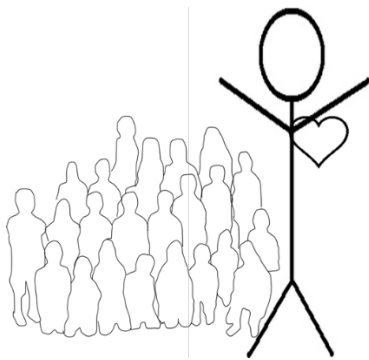
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### STUMBLING BLOCKS

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

*Stumbling blocks come from the heart, the head, our relationships and in any combination of these things. Each and all of them give birth to discontent and a dissatisfaction with life. Our discontent does not serve us in our most difficult times. So, what is the benefit of discontent? We can do all the “right things” but not do the righteous thing. It’s time to 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 it?

- **Heart** – The things that motivates you.
- **Head** – Your intellect as a tool or a goal.
- **Relationships** – How do you address issues of truth and conflict amongst people, within a group, or an organization? Do you exit, confront, teach, love?

**How do you change you?**

*Listen to Brené Brown on daring greatly, 15 minutes:*  
<https://www.youtube.com/watch?v=fE6fa7OpVu0>  
*Then, unpack your challenges on the next page.*

*Finding Me - The Authentic Me*  
*Begin Your Journey*

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## *Finding Me - The Authentic Me* *Begin Your Journey*

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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 in your answers about YOU TODAY (the person you have become) versus THE PROMISE OF PURPOSE (the person defined at your birth / as a youngster)?

Can you describe this difference yet?

And does the most significant difference come from the HEART, HEAD, or RELATIONSHIPS?

Write a letter to yourself –

- Answering these questions and any others that surface as you reflect. At this stage of your journey, the questions you ask yourself are more important than their answers.
- For every answer, go deeper. Ask yourself, “Why? Why is this so? How did I get there?” For each question acts like a shovel – helping you to dig deeper into who you are.
- Use the questions to pull out the weeds that strangle your heart, strangle your precious thoughts and strangle the relationships that can lift you up.

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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?

Again, write a letter to yourself –

- Describe the urges that come from the promise of your purpose.
- What seeds have been planted?
- How much detail can you give to your purpose? What does it taste, smell, and feel like?
- What do you see when you look through your tears of joy?
- Where can you rest in contentment, knowing you are held, cradled, and protected for great opportunities?
- How does the love for yourself express itself?
- What will your change look like? In what areas will there be change? What do you anticipate as the greatest challenges?

Begin to prioritize.

***Things to think about as you consider the next step you will take.***

*Listen to Denzel Washington on:*

*LIFE WITHOUT PURPOSE? DENZEL WASHINGTON ON GOALS & DREAMS*

<https://www.youtube.com/watch?v=2SwjoNLqA24> 28 minutes

*Listen to Maya Angelou, in this compilation of 10 snippets of her wisdom*

<https://www.youtube.com/watch?v=iU46Lv4jVAw> 21 minutes

***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.
- The transformational, deep dive FINDING-ME JOURNEY.

**Take a look at:**

**[www.imanimilima.com/programs](http://www.imanimilima.com/programs)**

**Or, set up a discovery call. Let's talk and confirm which options are for you.**

**If you have completed this mini assessment, you are eligible for a program discount.**

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