

“Master Self”

GUIDE

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Moment of Motivation:

What are your thoughts?

Self-awareness- conscious knowledge of one's own character, feelings, motives, and desires. (Inner)

Self- awareness is a key component to you. Without it you will travel life blind to the purpose of your existence.

Self-awareness is when you are aware of your own personality. It is when you can discover your strengths and weaknesses, your values and what you are passionate about.

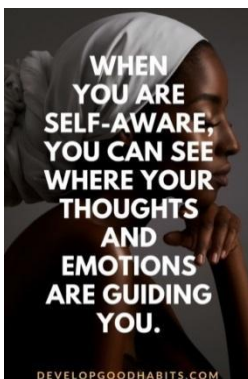
Name 2 goals and list what you think it is going to take for those things to manifest.

1. _____

2. _____

Are you an emotional person? If so, does it affect you getting things done?

Let's Discuss!



Becoming self-aware early on helps you pinpoint what your passions and emotions are, and how your personality can help you in life.

You can recognize where your thoughts and emotions are leading you, and make any necessary changes. Once you are aware of your thoughts, words, emotions, and behavior. You will be able to make changes for your future.

List 5 positive things about yourself.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

List 5 negative things about yourself.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Self-Concept-the idea or mental image one has of themselves and the responses to others. (Outer)

When you think of this you ask yourself how am I presented to the world? How do you view yourself? What do you have to offer?

Make notes:

Self-Love- True love in an unconditional feeling of love, appreciation and acceptance for yourself

1. Affirm Love over yourself (e.g I love my beautiful eye, natural hair and my skin tone is beautiful).
2. Make self a priority
3. Embrace your uniqueness
4. Set boundaries
5. Self-care



It's time for Self-care!

Self-care is so important for our mental state of mind.

As mothers, caregivers, providers, employees, spouses, the one everybody depends on, etc. We have to make time for self!

Here are some ideas for self-care;

1-2 hrs. of meditation

Walks on the beach

A Solo picnic at the park

Movie date with self

Massages

Journal thoughts

Take 30mins – hr to relax with a side of hot tea

Hot bubble bath

*Become in tune with self, recognizing the necessary needs to maintain a healthy state of mind. Start today with making plans with you. **GET A CALENDAR***

Purpose!!

So very often we give up on dreams because life happens. We get discouraged because we believe something was supposed to have happened at a certain time. Take a step back and do a self-evaluation. Who are you really? If you have not done so, discover your purpose. Whose life can be changed because of you? Who were you sent to inspire?

Relationships!!

*One of the keys for mastering self is to get your own priority in order. For those of you seeking relationships, learn your own desires and implement them into your life now. For example; healthy lifestyle, travel, better credit etc. Be one with self before bringing someone else into a strange village that you are unaware of. Make notes of your likes and dislikes, dreams, goals etc. **BE WHOLE!!***

Last, but not least be in tune with your Heavenly Father.

CREATE A SPACE AND TIME TO PRAY!

WRITE DOWN YOUR FAVORITE SCRIPTURES.

GET A TRUSTED ACCOUNTABILITY PARTNER.

TAKE ADVANTAGE OF THE QUESTIONNAIRE ON THE NEXT PAGE.

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Getting to know you!

- 1. Who is your hero?*
- 2. If you could live anywhere, where would it be?*
- 3. What is your biggest fear?*
- 4. What is your favorite family vacation?*
- 5. What would you change about yourself if you could?*
- 6. What really makes you angry?*
- 7. What motivates you to work hard?*
- 8. What is your favorite thing about your career?*
- 9. What is your biggest complaint about your job?*
- 10. What is your proudest accomplishment?*
- 11. What is your favorite book to read?*
- 12. What makes you laugh the most?*
- 13. What was the last movie you went to?*
- 14. What would you sing at Karaoke night?*
- 15. If you could only eat one meal for the rest of your life, what would it be?*
- 16. Who is your favorite author?*
- 17. What’s your dream vacation?*
- 18. Name one thing you really want to do for yourself. Now set a date!*
- 19. What’s your favorite dish?*
- 20. What would you consider a romantic evening?*
- 21. What’s your favorite season of the year and why?*
- 22. What would be the gift to blow your mind?*
- 23. Describe your dream adventure.*
- 24. Who are you really? Dig deep!*
- 25. Are you ready to be that person today?*