

Self-Inventory True or False

1. Welcome and Settling In

- Breathing in and up from our feet grounded in the Earth, through our heart space and out the top of our heads releasing to the sky. (3xs)
- Breathing in and down from the top of our heads grounded in the sky, through our heart space and out from the bottom of our feet, releasing to the Earth. (3xs)
- Hands over heart and speaking, "I am safe. I am love. I am ready to meet my most authentic self and offer my talents, gifts, and treasures to the world."

2. Class Intention

- Identify authentic and false aspects of ourselves.
- Understand and heal false and limiting beliefs attached to the aspects.
- Create new beliefs, declarations and practical steps to integrate growth for the aspects.
- Realize more joy and freedom in our lives.

3. Definitions

False Self

- Aspects and beliefs that we have adopted about ourselves, but don't necessarily ring true for our highest selves.
- These false aspects can frequently keep us feeling stuck or frustrated in our lives.
- These aspects can include ego-type, shadow-inspired, or fear-based examples.
- We can feel disempowered, guilt, or shame when these aspects are experienced.
- Visual Example (coming from the outside)

Authentic Self

- Talents, gifts, and treasures that come naturally to us.
- Positive aspects that we were born with.
- We flow and excel in these areas.
- These unique qualities are valuable in our highest purpose and being in our life work.
- We are responsible for mastering these qualities about ourselves.
- We are responsible for offering these qualities to influence humanity positively.
- We empower ourselves and others by recognizing and thriving in these areas.
- When we activate our authentic aspects, we receive more joy and fulfillment in our lives.
- Visual Example (coming from the inside)

4. Experiential Activity

- With a blank piece of paper or journal, begin with examining your False Self aspects and freely list any descriptive words, feelings, and examples that arise.
- Do this with freedom by writing down WHATEVER comes up from your inner self.
- Repeat this same step examining your Authentic Self aspects.

- When your writing feels complete and no more examples are presenting themselves, ask yourself what you feel when you read through the two separate writings.
- Note what you feel and how/where you notice it in your body. The importance here is that this part is done with compassionate detachment and observing without judgment. You are simply reading through the words without getting attached to the story behind the words.

5. False Self Activity

- Beginning with the False Self aspects, find ONE aspect that you'd like to dive into. Circle this aspect.
- Ask yourself the following questions and write down what bubbles up for you regarding the circled aspect:
 - * What belief is attached to this aspect?
 - * Where did the belief come from?
 - * When was the belief seeded into you?
 - * Who gave you this belief seed?
 - * How do you actively perpetuate or tend to the seed?
 - * Is the belief an accurate representation of your truth?
 - * Are you ready to release the false belief?
 - * What new belief would you like replace the old belief with?
 - * Create a one sentence declaration that describes this new belief.
 - * How would this new belief look like, feel like, be like for you?
 - * What are some practical, realistic ways you can integrate this into your life?
 - * How does this action of empowering yourself and taking responsibility for this change feel to you?
 - * Circle one of the ways that seems most manageable for you to implement daily for the next 7 days.

6. Authentic Self Activity

- Moving to the Authentic Self aspects, find ONE aspect that you'd like to dive into. Circle this aspect.
- Ask yourself the following questions and write down what bubbles up for you regarding the circled aspect:

- * When you are actively engaging with this characteristic, what do you notice? How does your head feel? Your heart feel? Your body feel? Your spirit feel?
- * What are some ways you can bring this aspect out and offer more of this to the world?
- * Choose one way you can practically implement this into your daily life and circle it.
- * When you imagine yourself implementing this, what would it look like, feel like, be like.
- * How would it impact your life and your relationships?
- * Is there anything holding you back from integrating this more into your life?
- * If so, what's the limiting belief behind this?
- * Is the limiting belief yours or did someone give it to you?
- * Are you ready to release the limiting belief?
- * What new belief would you like replace the old belief with?
- * Create a one sentence declaration that describes this new belief.
- * How would this new belief look like, feel like, be like for you?
- * What are some practical, realistic ways you can integrate this into your life?
- * How does this action of empowering yourself and taking responsibility for this change feel to you?
- * Circle one of the ways that seems most manageable for you to implement daily for the next 7 days.

7. Guided Visual Meditation Activity

8. Take-Aways

- Notice True/False (Authentic gift, talent, treasure or False characteristic)
- Explore Belief Attached (old or limited)
- Replace Old Belief
- Feel New Belief
- Speak New Belief
- Act On It Daily