

A woman with vibrant, multi-colored hair (purple, blue, green, orange, pink) is shown in profile, looking towards the left. She is standing in a magical forest with glowing trees and a bright light source behind her. The background is a mix of purple, blue, and green hues, suggesting a mystical or otherworldly setting. The woman's hair is flowing and has a shimmering, ethereal quality. The overall mood is dreamlike and enchanting.

KNOW THYSELF

A GUIDE TO SURVIVING
AND THRIVING AS YOUR
BEST POSSIBLE SELF

KNOW THYSELF Cheat Sheet

KNOW THYSELF seems pretty tough, right? Well with this cheat sheet, it's only a matter of collecting the juicy tips and tricks to becoming the best version of yourself. The comprehensive *KNOW THYSELF: A Guide to Surviving and Thriving as Your Best Possible Self* ebook contains a wealth of information on the topic. But for the cheat sheet, we've taken this information down to the bare bones to provide you with a quick list to reference. KNOW THYSELF has never been easier!

Know Thyself

Know your personality type by taking the Meyers-Briggs Personality Test

Understand your process.

Identify your core

values. Own your flaws.

Journal in detail about your self-perception, both strengths and weaknesses.

Bend, Don't Break

Do not allow others to have power over your time or self-perception. Stop people pleasing.

Learn to say "no."

Create a system to operate within, both domestically and professionally.

Set and maintain boundaries.

Utilize Visualization

Understanding the brain and how it primes us for success.

Recognizing opportunities in every day life.

Utilizing "outcome visualization" to envision our ultimate goals.

Utilizing "process visualization" to envision the steps necessary in obtaining those goals.

Picturing your ideal future.

Looking and Feeling Your Best

How a healthy mind-body connection primes us for success.

Exercise and good nutrition improve focus and

concentration. Good blood flow improves creativity.

Better body image improves confidence and relationships.

No Excuses

Face your fears.

Acknowledge your hang

ups. Embrace success.

Stop compromising and giving your power

away. Take responsibility for your life!

Meditation

How meditation improves focus.

How insight makes you stronger.

The wisdom in silence.

Mindfulness meditations decrease stress.

Concentration meditations improve concentration and help you process.

Walking on Water

You can do the impossible.

Envisioning your goals.

Working backwards to break those goals down into smaller pieces.

Achieving your little goals piece by piece until you have created a larger picture.

Success through perseverance and hard work. Become a master of routine.

Avoiding Toxic People

Toxic people make life chaotic and draining.

Identifying toxic people based on manipulative behaviors.

Cut out toxic people and keep your eye on the prize.

Setting and keeping boundaries to ensure success.

Building Your Support Network

Surround yourself with achievers.

Share your plans with trusted allies.

Take accountability.

Listen gracefully to feedback to improve your strategies.

Encourage questions from others about your dreams to engage in critical thinking.

Know the key components of what it takes to master your destiny. Keep them close and read them over every day to encourage yourself to stay motivated and remember that only you can determine whether or not you achieve your goals. Only you hold the key to success, but this cheat sheet can help you stay on track and help you get to where you need to be, guaranteed!