



GLOBAL SUCCESS
INSTITUTE

ULTIMATE YOU

I-AMNESS TRIAD



My I-AMNESS

Ponder the questions below and what they mean to you and consider your answers. Be kind to yourself. And remember, whatever answers you come up with, you are on a journey to restore your Centered Self. To be harsh with yourself because you're not sure if you're lovable would be to yell at the flower for not being perfect when it's forced to grow in depleted soil with only a little bit of water.

1. Am I lovable?

2. Am I enough?

3. Am I worthy?

Being lovable is not the same as being loved or being loving toward someone. Being lovable is to know within yourself that you are lovable simply for being yourself and that whether or not someone loves you, your lovability remains intact.

Being enough is not the ego feeling pumped because you succeeded at something. Instead, it's the quiet knowing within you that you are enough regardless of what others say or do, and regardless of what challenges you face. Being enough is you being able to nurture yourself, free of the need for constant reassurance, drama, and control. It's not having to do something or prove something to be accepted.

Being worthy is not the same thing as feeling a sense of entitlement. Instead, it's the quiet knowing that regardless of your past and what you had to suppress and deny yourself as a child, all of you is worthy of expression.

I was in my thirties when I recognized how much these questions frightened me. Answering them was terrifying and to be avoided. I was loved and didn't feel lovable. I felt so fragile and insecure that I attempted little in the way of a life. My self-worth was tied up in being right and trying to make sense of a world that was in my eyes crazy for not adapting itself to my world view.

I avoided answering the Three Magic Questions.

Until I didn't.

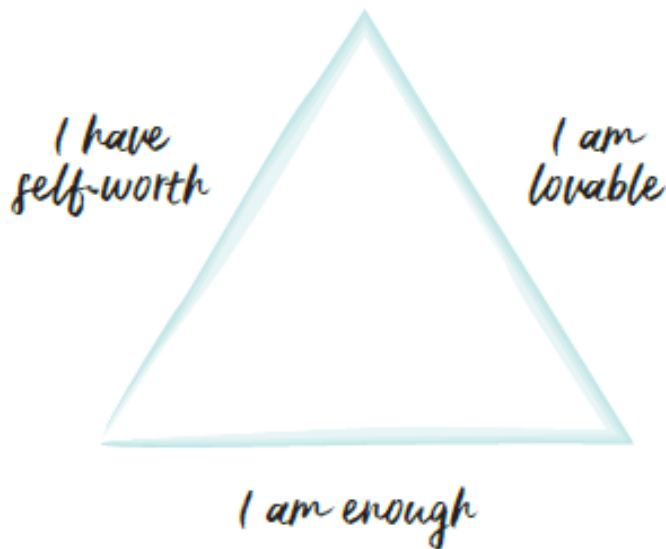
And while the awareness of what I had created for myself was painful, it was less awful than contemplating the rest of my life stuck in the same tired old patterns of despair.

How do we know our I-Amness is restored?

What core elements are present? Who are we, at our most

functional? Most happy? Most content? Most centred?

There are three elements present when our I-amness is restored.



No one 'completes' us. We are complete. From this place, and only this place, we are able to create relationships based on reciprocity of love, care and respect.

I have self-worth. I have a sense that I am worthy of love, of care, of respect, of time, of good things, of challenges, of all life has to offer.

I am enough. I can handle what happens. I can handle the challenges. I can handle ambiguity, uncertainty and not having all the answers. I don't avoid making mistakes, because I learn from them. I am not ashamed of my flaws.

I'm human. And that's enough.

TEN TRAITS

Being curious and filled with wonder

Risk-taking

Being naturally spontaneous

Love

Warmth

Playfulness

Uniqueness

Optimism

Emotional

Resilient



YOU AND YOUR I-AMNESS

We are born whole, vulnerable, resilient, easily expressed emotions, courageous, risk-taking, creative, playful, loving, spontaneous, curious, and intuitive. Go through it at your own pace, this is entirely for *you*.

What did you need, to know your caregivers were okay?

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What did you need, to know you mattered?

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What did you need, to know you are unique and wonderful are you are?

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Were your parents dependable? If not, how?

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Were you touched, heard and seen? Expand on your response.

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Did you feel free to feel and think as you chose? Expand on your response.

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This image shows a full page of white paper with horizontal dashed lines, typical of primary school handwriting practice paper. The lines are evenly spaced and run across the entire width of the page. There are no margins, text, or other markings present.



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