

"KNOW THYSELF."

- SOCRATES

<p>True Self-Knowledge - I have confidence in my wholeness -</p>	<p>False Self-Knowledge - I have inner-doubt and fragmentation -</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Do I know my core values? <input type="checkbox"/> Do I know my strengths? <input type="checkbox"/> Do I recognize my potential? <input type="checkbox"/> Do I know my cognitive hard-wiring? <input type="checkbox"/> Am I aware that I can choose who I want to be and become? <input type="checkbox"/> Am I aware of my natural gifts? <input type="checkbox"/> Am I aware of the false-self? <input type="checkbox"/> Am I confident of my place and purpose here? <input type="checkbox"/> My confidence is solid. 	<p>Do I get caught in the thicket of my:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Triggers <input type="checkbox"/> Fears / anxieties <input type="checkbox"/> Reactivity <input type="checkbox"/> Negative emotional states <input type="checkbox"/> Illusory thinking / inauthenticity <input type="checkbox"/> Perceived limitations <input type="checkbox"/> Pushing against or withdrawing from life, my Highest-self, others

What does it mean to "Know Thyself?"

The Course in Miracles states:

*"You have taught what you are,
but you have yet to allow what you are teach you."*

When we are fooled by our thoughts and emotions
and choose a limited version of self,
we experience life as an "upstream struggle".

In coaching we are asked to step out of the false self
and into our mastery through the doorway of true Self.