

A hand is shown at the bottom of the frame, holding a lit sparkler. The sparkler is the source of a bright, golden-yellow light that illuminates the scene, creating a starburst effect. The background is dark, making the light from the sparkler stand out. The text is overlaid on this background.

# WHO ARE YOU?

FIND GREATER SUCCESS  
WITH SELF-KNOWLEDGE

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A close-up photograph of a hand holding a lit sparkler. The sparkler is in the foreground, with bright yellow and orange sparks radiating outwards. The background is dark, making the sparks stand out. The hand is visible at the bottom right, holding the stick of the sparkler.

“ SELF-AWARENESS IS THE  
ABILITY TO TAKE AN HONEST  
LOOK AT YOUR LIFE WITHOUT  
ANY ATTACHMENT TO IT  
BEING RIGHT OR WRONG,  
GOOD OR BAD.”

- DEBBIE FORD

# INTRODUCTION

**G**etting to know yourself might seem more than a little boring. After all, what else is there to learn? You've spent every second of your life with yourself. There certainly can't be any surprises, right?

You're not alone if you feel this way, but you'd be wrong.

You know a lot less about yourself than just about anyone else in your life knows about you.

We don't see ourselves very well. We don't really want to look. We're afraid of what we'll find. We avoid examining ourselves. We'd rather turn on the TV, find a snack, or watch videos online. Anything to avoid seeing the truth.

**As unpleasant as the truth may be, it holds the secret to greater levels of success.**

When you understand yourself, you can:

- Gain control over yourself
- Avoid your weaknesses and common pitfalls
- Understand and deal with your negative habits
- Have healthier relationships
- Choose a life path that suits you
- Find enthusiasm and happiness

We're all suffering from a case of mistaken identity.

We've bought into the American dream like it's a one-size-fits-all solution. We have jobs we don't like, but we can't figure out what we'd rather do.

We repeat the same mistakes over and over, but don't have a clue we're doing it. On the off-chance we recognize our repeated mistakes, we don't understand why we're doing them or how to change it.

**Success is much more challenging without self-knowledge.**

To be highly successful, it's necessary to:

- Set big goals that are meaningful to you
- Utilize your strengths and avoid your weaknesses
- Deal with stress in a productive manner
- Know how to motivate yourself
- Overcome fear
- Persevere

All of these items are easier to accomplish if you know yourself. Without self-knowledge, luck becomes more of a factor.

## **Consider these topics to learn more about yourself and your opportunities for success:**

1. **Chapter 1: Discover Your True Self.** Your strengths, weaknesses, values, and preferences all give clues to help you find your true self. Who are you really? This chapter will help you begin that journey.
2. **Chapter 2: Repeating Mistakes.** Our repeated mistakes are harder to see than you might think. These are the

mistakes that limit our potential and make success harder than it needs to be. These mistakes negatively affect our relationships, finances, health, and career.

3. **Chapter 3: Meditation - How Does Your Mind Work?** Unless you've studied your mind seriously, it's a mystery. Meditation has been used for thousands of years to gain self-knowledge and is more popular than ever.
4. **Chapter 4: Discomfort and You.** How we handle discomfort has a huge effect on success. Our negative habits are the result of dealing with discomfort poorly. Discomfort can work for you or against you.
5. **Chapter 5: Habits.** The things we do each day add up over the years to create our future. How are your habits influencing your life and success?  
**Good habits guarantee success. Poor habits guarantee failure.**

6. **Chapter 6: How to Find Your Passion.** Success is easier to accomplish when you're pursuing something that fills you with excitement. This chapter will help you to find that thing that excites you.
  
7. **Chapter 7: Journaling.** Recording your life, thoughts, and activities can provide the insight you need about yourself to take your life to the next level. Journaling is a powerful tool when used daily.
  
8. **Chapter 8: Trauma.** Our worst experiences can shape our thoughts and behaviors for the rest of our lives.
  
9. **Chapter 9: Final Tips.** A final chapter of simple ideas you can use to learn more about what makes you tick.