

# Know Thyself

Pocket Guide to Figuring Yourself Out

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Thanks to:  
Zane Prater for use of art work,  
Jane Hamill for help with questions,  
Friends and Family who have provided input,  
The Late Dr. Reum and the ancient Greeks for teaching  
the importance of knowing thyself.



Name: \_\_\_\_\_  
Date: \_\_\_\_\_

Companion to *Life Transformed: 6 Steps to a  
Future Beyond Your Imagination*



### Final Note from Becky Prater

Congratulations, you have started the heal thyself process. Self-healing begins with knowing oneself. Now that you have spent time looking inside at your strengths and perceived limitations, I recommend identifying the perfect future for yourself through feng shui vision boarding coupled with power intentions. Then, establish action steps to move toward that perfect future.

Need help; perhaps a cheerleader or someone to hold you accountable? Give me a call. Let's do it together.

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For downloadable meditations and vision boarding templates check out the tool kit on the [www.beckyprater.com](http://www.beckyprater.com) website.

*“The unexamined life is not  
worth living.”*

—Socrates

## Introduction

This is not a question and answer book, it is a personal compass that seeks to help the writer probe into self-image, values, and desires. Our goal is to KNOW THYSELF —take stock of your current situation. Where are you right now? What is working, what is not? What has led you to this place? What might be limiting your advancement and success? It is in this “knowing of yourself” that you can define your future and build an action plan to get there.

This is YOU. Your answers. Only you know these answers. No one has to see this. If you complete this workbook now and do it again in 10 years, your answers will be completely different. What you are aiming for here is to identify where you are right NOW. Have fun with this. Leave blanks. Skip anything that does not resonate with you.

This will help you start to build a road map for your future so that you can intentionally move toward the best possible future for yourselves, a future beyond your imagination.

***We have control over NOW,  
the present moment;  
absolutely none over the past,  
except how we perceive it;  
and no control over the future,  
short of doing our best now  
to ensure a great future.***

## Notes:

*“Wisdom begins in wonder.”*

—Socrates

### **Important Assumptions:**


1. You are perfect as you are, where you are.
2. If you don't already know something, you weren't meant to know it yet. You learn when you need to know.
3. Your thoughts become your reality.
4. What you focus on, you get more of.
5. You give meaning to every situation.
6. You create your reality by what you hold to be true and present in your heart.
7. You have infinite power to change your life, achieve your goals, and move in a new direction.

What does your version of the perfect future look like?

Make a list of action steps you can take in the next month to move you toward a future beyond your imagination:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## Three Essential Steps



know  
thyself

Who am I? What makes me special? These questions help us understand where we have been, where we are, and where we want to go. In planning the future, we don't dwell on the past or blame people or situations but rather understand what has led us to be the person we are today.



define  
future

Like setting GPS coordinates in our phone, it is essential that we define where we want to go in life by clearly defining what "awesome" looks like. Then, rather than letting life happen to us, we build a target and aim for it with gusto and determination. The Universe supports every decision.



action  
plan

Based on your awesome life plan, it is essential to create an action plan with short-term and long-term goals to start you on the journey. This is the to-do list that demonstrates your commitment to self-growth.

Wealth & Abundance	Fame & Reputation	Love & Relationship
Health & Wellness	YOU & Well-being	Children & Creativity
Skills & Knowledge	Career	Travel & Helpful People

### Satisfaction Ranking

Directly in the boxes above, write the number that represents your satisfaction with that aspect of your life, 1 being extremely DISSATISFIED to 10 being extremely SATISFIED.

### 3 things

If you could change 3 things in your life right now, what would they be?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Note on goal setting:

State them in the POSITIVE and use SMART goals

- Specific**—sensible, simple, significant
- Measurable**—motivating and meaningful
- Achievable**
- Relevant**—realistic, results-based
- Time based**

Example: Rather than saying, "I want to lose weight." say, "I am 145 pounds, healthy, strong, and vibrant."

### Power Intentions (life goals):

Love & Relationship:

Wealth & Abundance:

Health & Wellness:

Spiritual:

Career:

If you could make a significant change in your life today, what would it be?

What ONE great thing would you do if you knew you could not fail?

What I bring to the workplace that deserves recognition is . . .

What lights me up and makes me feel great is . . .

What people say about me is . . .

I am super confident about my ability to . . .

My good qualities, gifts, talents, and skills are:

4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_

My top three values are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My perceived limitations:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Here is what I can do about the above PERCEIVED limitations

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Best advice I have been given and followed:

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Best advice I have received and hope to follow:

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Advice I would like to give others:

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List the people in your life that are the most supportive

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

List people in your life that are toxic or not supportive

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

My “must haves” in wealth and abundance are . . .

My “must haves” in a loving relationship are . . .

My “must haves” in my life’s work are . . .

My “must haves” in health and wellness are . . .

My “must haves” for self and spirituality are . . .

***You may want to choose a mission in life that is so huge and compelling that it challenges you every day to be your best.***

My mission in life:



What are your main motivators (money, recognition, goals, pleasing parents or others, purpose)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

How would \$1,000,000 in cash change your life?

What sort of work or activity brings you the greatest feeling of importance and satisfaction?

What have you always wanted to do but been afraid to try?

How much money do you need to make to be comfortable right now?

How much money would you need to make to feel like you could do or have anything you wanted—total financial freedom?

### If I could choose to be ...

An animal, I would be a \_\_\_\_\_.

This is why:\_\_\_\_\_.

A flower, I would be a \_\_\_\_\_.

This is why:\_\_\_\_\_.

A banner, I would read\_\_\_\_\_.

This is why:\_\_\_\_\_.

A tree, I would be a \_\_\_\_\_.

This is why:\_\_\_\_\_.

A food, I would be a \_\_\_\_\_.

This is why:\_\_\_\_\_.

A song, I would be \_\_\_\_\_.

This is why:\_\_\_\_\_.

A bird, I would be a \_\_\_\_\_.

This is why:\_\_\_\_\_.

A color, I would be \_\_\_\_\_.

This is why:\_\_\_\_\_.

### Create an “I am . . .” list

Include things that will not change with your circumstances: I am happy, funny, hardworking, strong, vibrantly healthy, a badass at making money, compassionate, etc. Identify the authentic, unshakable you. Do not think too much about this. Let it flow.

I am \_\_\_\_\_.

I am \_\_\_\_\_.

I am \_\_\_\_\_.

I am \_\_\_\_\_.

I am \_\_\_\_\_.

I am \_\_\_\_\_.

I am \_\_\_\_\_.

I am \_\_\_\_\_.

I am \_\_\_\_\_.

I am \_\_\_\_\_.

*“To thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man.”*  
—William Shakespeare

If you were to wave a “magic wand,” where would you like to be 12 months from now?

And in 5 years?

And in 20 years?

What resources do you have that make you uniquely capable?

What resources do you need to live a happier life and accomplish your goals?

How will you know if you’re successful? What defines success for you?

5 things that were good about my home life growing up:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

These things made my young life challenging:

### Many You's Meditation

Close your eyes and take a few deep breaths. Allow your imagination to bring about a moving walkway, like the ones at the airport. This one has a slight incline. Now imagine all along this walkway there are a bunch of "yous" —Each one represents a super significant moment in your life—they could be painful moments or glorious moments. Starting at the beginning of the "yous," visualize yourself walking up to the youngest you. Give yourself a giant hug. Whisper in your ear what you would have benefitted from knowing or hearing at that moment. Go through all the moments and hug/support all the younger "yous" who were just doing the best that they could at the time. This exercise may take a while. If you don't finish right now, do this over the course of the next couple weeks. This is an exercise in forgiving and embracing yourself for things we drag into our future and recognizing the glorious moments that made us who we are today.

My greatest accomplishments so far . . .

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

Nine things I LOVE to do more than anything:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_

These things cause stress in my life:

These are the tapes that play in my head (from parents, society, and experience) that limit my success:

Describe your most peaceful moment in the past week.

In a perfect world, I would have MORE of this:

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In a perfect world, I would have LESS of this:

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In the last month, what did you do to take care of yourself, to show self-love?

People I will never forget—who have really changed my life:

You are perfect. But if you could be better, what would you do differently?

Describe the most exciting thing that has ever happened to you:

What is the worst experience of your life?

Explain how that experience shaped who you are today.