

Restoring Your I-amness: The Self Method™

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 core elements present when our I-amness is restored:



Self-Worth

A deep sense that you are worthy of love, care, respect, time, and all the good things life has to offer. You are lovable and enough.



Inner Completeness

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



Self-Acceptance & Resilience

You are enough, just as you are. You can handle challenges, ambiguity, and uncertainty. Mistakes are opportunities for learning, and you are not ashamed of your flaws. You are human, and that's enough.

TEN TRAITS OF YOUR RESTORED I-AMNESS



Curiosity & Wonder



Risk-Taking



Spontaneity



Love



Warmth



Playfulness



Uniqueness



Optimism



Emotional Awareness



Resilience

ULTIMATE YOU QUEST

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The Self Method™