

KNOW YOUR WHY

Find Greater Success
with Self Knowledge

Become A Legend

— with —

BEYOND THE KAGE

Joshua Coffman

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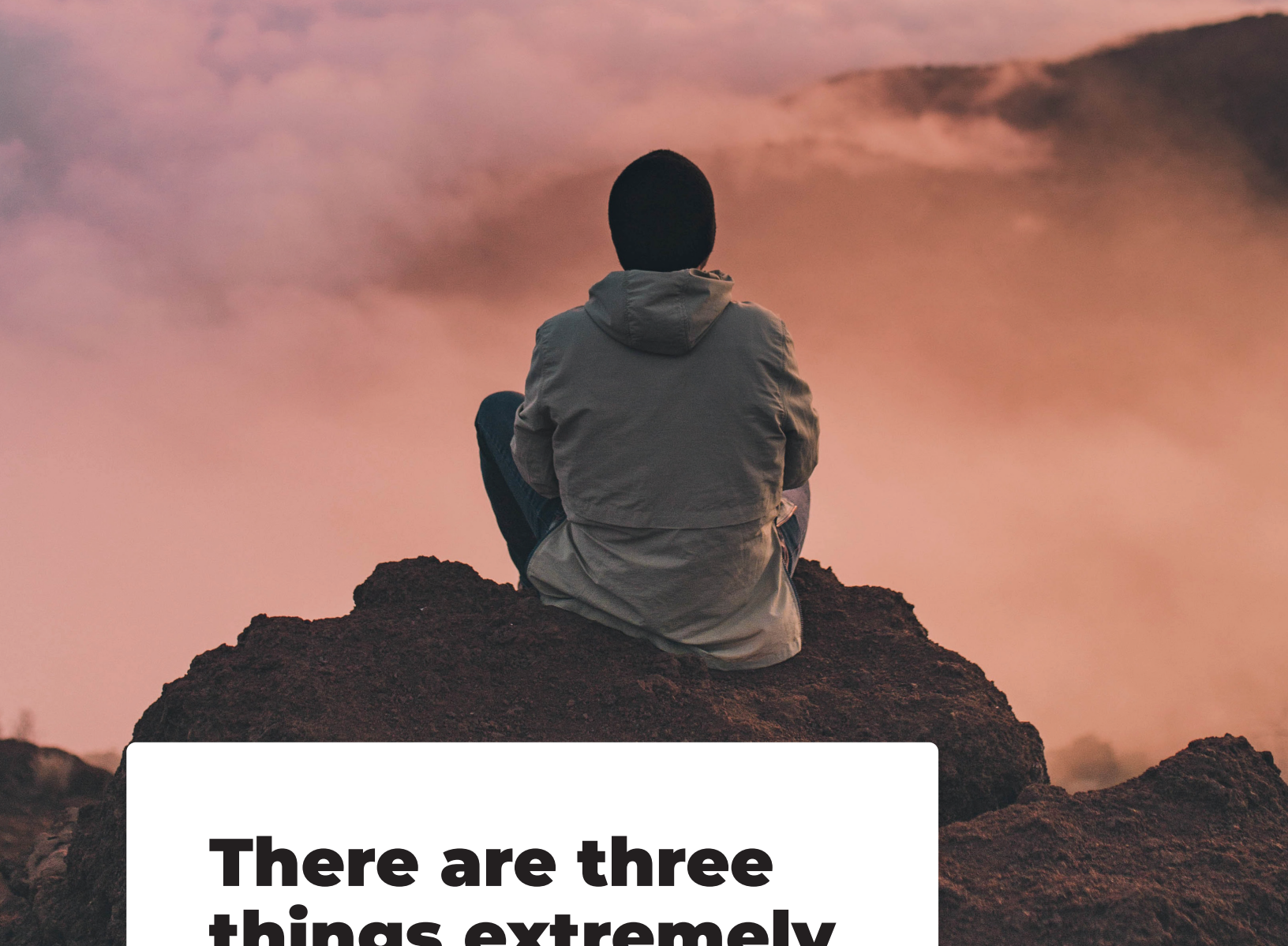
KNOW YOUR WHY

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A person wearing a grey hoodie and dark pants is sitting on a dark, rocky outcrop. They are facing away from the camera, looking out over a vast landscape under a dramatic, orange-hued sky at sunset or sunrise. The person's silhouette is dark against the bright, glowing sky.

There are three things extremely hard: steel, a diamond, and to know one's self.

- BENJAMIN FRANKLIN



Know Your Why?

INTRODUCTION

Getting 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 anything that you could possibly learn about yourself, 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. That's because we innately want to focus on other people, their problems and ways to refocus our attention on other things. 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 on-line. 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 have been programmed by environmental dispositions, which shape our mindset, thought process and daily actions in life.

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 by having a vision that are meaningful to you
- Utilize your strengths and avoid your weaknesses by creating a plan
- Deal with stress in a productive manner with an application process
- Know how to motivate yourself in order to execute
- Overcome fear
- Persevere

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



Know Your Why?

INTENTION & MINDSET

Take time to review these topics with the intention and mindset of learning more about yourself and your opportunities for success:

Chapter 01: Discover Your Inner 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.

Chapter 02: 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, how we see ourselves and career.

Chapter 03: Meditation - How Your Mind Works.

Unless you've studied your mind seriously, it's a mystery. Meditation has been used for thousands of years to gain self-knowledge, focus as well as assist in mental toughness.

Chapter 04: Darkness and You.

How we handle our darkness has a huge effect on success. Our negative habits are the result of dealing with our darkness poorly. The Darkness can work for you or against you.

Chapter 05: Habits.

The things we do each day have programmed our subconscious over the years to create our thoughts and actions in our conscious for which we play out in our daily life. How are your habits influencing your life and success? Good habits guarantee success. Poor habits guarantee failure.

Chapter 06: How to Find Your Why.

Success is easier to accomplish when you're pursuing something that fills your heart with that undying desire to keep moving forward. This chapter will help you to find your Why.

Chapter 07: 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.

Chapter 08: Trauma.

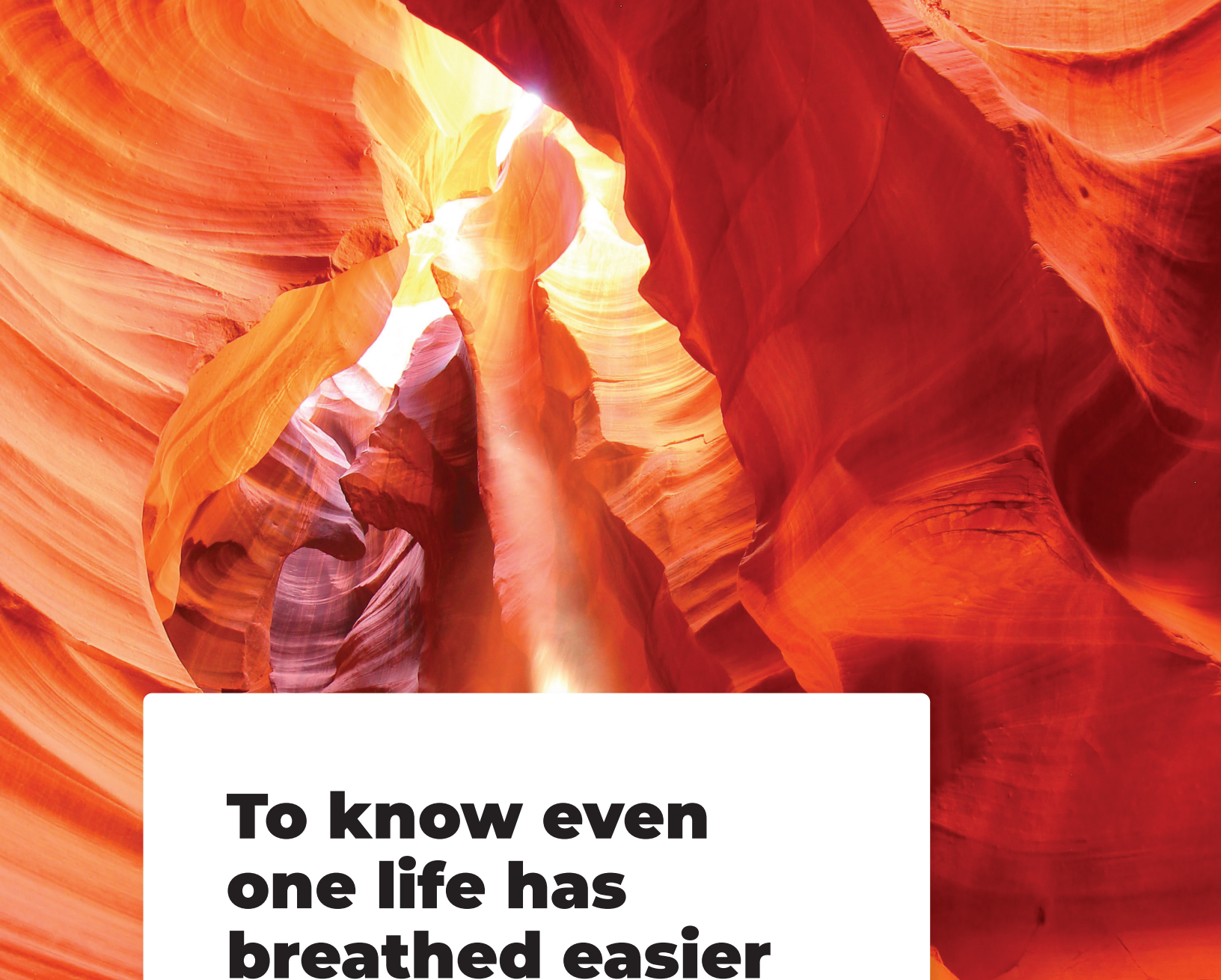
Our worst experiences can shape our thoughts and behaviors for the rest of our lives.

Chapter 09: Final Tips.

A final chapter of simple ideas you can use to learn more about what makes you tick. Your true self-is your spirit. It is the part of you that's constant. It's the part of you that you would recognize, even if you had been brought up in another country and had a totally different set of experiences. It's the part of you that makes you uniquely you.



Over the years, we often lose sight of our spirit and who we truly are deep down inside.



**To know even
one life has
breathed easier
because you have
lived this is to
have succeeded.**

- RALPH WALDO EMERSON

DISCOVER YOUR INNER SELF

It's the unadulterated you. It's the person you would be if you were free from worry about the opinions of others. It's the 100% real deal. It's the you without any fear or doubt.

“We are not humans having a spiritual experience, we are spirits having a human experience.”

It is only in seeking our inner-self through our darkness that allows you to work from a deep place in your subconscious mind.

Discover your true self that's lurking beneath the surface of your fear and untrue beliefs:

- 01.** What would my dream profession be if I knew I would be successful, and no one would judge me negatively? Do you dream of being a rock star, but you've chosen to be an accountant?

- You're probably more a rock star at heart. Somewhere along the way, you've allowed yourself to believe you were less capable than you really are based on the environment you were raised in.
- It might be too late to be a rock star but knowing that's your dream profession tells you a lot about yourself.
- What does your dream profession tell you about you? How close does your current career come to delivering the same experience?

02. Whom do I most admire? You can learn a lot about yourself by the people you admire or feel disgusted by.

- Who are some people in your life or from history that you admire?
- Which people turn your stomach?
- What does this tell you about yourself?

03. What are my greatest accomplishments? This is a way of learning what you value.

- What have you done that you're most proud of?
- Why do those things make you feel good?

04. What are you ashamed of? What have you done that you regret?

- What things from your past would you prefer to keep a secret?
- What can you learn about yourself from the fact that you feel shame about them?

05. How would I describe the ideal person? What are the characteristics of the ideal person of your gender?

- What would they value?
- What would their list of accomplishments look like?
- Describe their personality. Is it possible that this is your true self?

Your true self, your inner being is that part of you that is constant from situation to situation.

No matter what you learn or experience, your true self stays the same.

 *The true self is hidden by our fears, our incorrect beliefs, and our concern of the opinions of others.*

“

The most important conversation you'll ever have are the ones you'll have with yourself.

- DAVID GOGGINS



Know Your Why?

VALUES

What are your values? If you have to think for more than three seconds, you don't know them well enough to be highly successful. Our values determine what activities and ideals are most important to us. Choosing goals that violate your values guarantees that you'll struggle, and most likely fail.

Living according to your values is beneficial to your self-esteem. It's easier to achieve success when you're pleased with yourself!

Knowing your values is an important part of knowing yourself.

Use these tactics to discover your values:

- 01. Make a list of every positive value you can think of.** This isn't about what others value. What do you think are positive values or qualities a person can have?

- 02. Imagine you could only have 10 of these values.** What values would you choose for yourself? Which values would make you feel proud of yourself if you possessed them?
- 03. Place those 10 values in order from most important to least.** It might be challenging but prioritize that list. What are the first three values? Does the life you're currently living reflect these values? Why not?

The values you most admire are the values of your inner self. If you're miserable in your life, you're probably not living a life that exemplifies those values. Your success will be greatly limited if you're not living those values.

Based on the life you're living, what would you say your values are? If a stranger watched you for a week, what would they list as your three most important values?

Where is the discrepancy?

“

**Until you
make the
unconscious
conscious,
it will direct
your life and
you will call
it fate.**

- CARL JUNG




Know Your Why? **STRENGTHS & WEAKNESSES**

Quick question: What is your mother's biggest weakness? How does your friend mess up every relationship he's ever been in? You can probably answer those questions without even thinking.

Now, what is your greatest weakness? What do you need to change in order to be much more successful? Do you know? If you have an answer, ask a few of your friends for their honest opinion. Ask someone you only know casually.

You'll likely find that everyone's answers agree, except for your own. You might not like their answers, but down deep, you'll know they're correct.

We're pretty good at identifying our strengths. We like those! Our weaknesses? Not so much.



We instinctively avoid our weaknesses, but we're not as consciously aware of them as we could be.

Ask yourself these questions to learn and leverage your STRENGTHS:

- 01. What am I naturally good at?** What are some things that you seem to be better at than just about anyone else you know? We all have at least a gift or two that most others seem to be lacking. Make a list of these natural strengths.
- 02. What have I learned to be good at?** These are things that you have a lot of experience and interest in doing. While these might not be innate strengths, you've developed these skills into strengths. List these, too.
- 03. What do my friends and family view as my strengths?** Ask your friends and family to name some of your strengths. Push them to be honest with you. You're bound to hear a few things that surprise you. Add these to your list.
- 04. What do other people compliment me for?** Are you complimented for certain things more often than others? Write these down, too.

05. What are my favorite hobbies? What do you love to do? Our hobbies are a demonstration of what we love to do or have a high level of interest in.

06. What activities cause me to lose track of time? What are the things you love to do so much that you can't believe how much time has passed when you look at the clock?

It's important to identify your strengths and interests. It's easier to be successful when you use your strengths and interests to your advantage. That only makes sense.

It's just as important to identify your weaknesses. Weaknesses either need to be remedied or avoided. Imagine taking a long trip, and you know that there's a section of road along your journey that was washed out last month. You'd either ensure that it was repaired, or you would avoid that road.

You might be surprised to discover that you've done a better job of hiding your weaknesses from yourself than you realize!



Self-reverence, self-knowledge, self-control; these three alone lead one to sovereign power.

- ALFRED LORD TENNYSON

These questions will help you understand your WEAKNESSES:

- 01. What are somethings that nearly everyone seems better at than I am?** There are things you're naturally gifted at, and others that are more challenging for you than for others. It's important to know what these things are.
 - Start a new list for your weaknesses.

- 02. What do I find challenging to learn or improve at?** Your serious weaknesses are those things you naturally struggle with, and you also struggle to learn. It's like a double whammy. Don't worry, everyone has a few of these.
 - Identify these things and add them to your list.

- 03. What do my friends and family view as my weaknesses?** It will be challenging to get your friends and family to be honest on this one, but it's one of the most important things to know about yourself.

- Push your friends and family to be honest. Give them the courtesy of not being offended by their opinions and insight.

04. What hobbies or careers would I despise?

What are some hobbies you can't imagine doing? Hunting? Bowling? Zoom meeting (my personal hell)? Needlepoint? Woodworking? What do the things you hate say about you?

- The things you dislike may reveal weaknesses, too. If you can't get yourself to do them easily, they're a weakness.
- Look for similarities between the things you dislike. What is the common thread?

05. What activities make me miserable and drain my energy? This is a little more specific than the previous question, but along the same lines.

- Maybe you can't stand attending parties or other social events.
- Do you dislike spending time in the outdoors?

- Sports?
- Cultural activities?
- Meeting new people?
- Going to church?

06. What are five careers that sound like pure torture to you? Accounting? Sales? Artist? Medicine?


- What do the careers you dislike have in common? Do you dislike them because every day is the same? Or, is it because they require talking to strangers?

07. What skills are needed to be good at those careers? Are you lacking in those skills?

Learn your weaknesses and understand them. Self-knowledge regarding your weaknesses is critical to success. Otherwise, it's like walking into a bear trap when you pursue a big goal. Go around the traps or disarm them by fortifying your weaknesses.

Remember, there's always someone else that's great in the areas you struggle. Success doesn't have to be a solo journey.

It's not the occasional big mistake that derails your life and your efforts for success. It's the habitual mistakes you make daily. These are the mistakes you make over and over again.



You can see these in other people from a mile away. They're much more challenging to notice in yourself. These are the habits that create the negative self-talk when we act on them, because innately we know it's not healthy for us.



“

**Good judgment
comes from
experience,
and experience
comes from bad
judgment.**

- RITA MAE BROWN

REPEATING MISTAKES

We often view these as areas of our lives where we frequently suffer from “bad luck”. Luck, good and bad, is evenly distributed across humanity. If you have an area of your life where you seem to be unlucky consistently, you’re making one or more mistakes repeatedly.

Luck doesn’t exist, only decision that lead to outcomes we don’t desire. This is going to take some soul searching, shadow work and help from your friends and family.

Analyzing these areas of your life can help you avoid making the same mistakes over and over:

01. Review your life from beginning to end.

Look at your life sequentially and examine the times your life became miserable or chaotic. Look at the times you failed. What happened just before these situations occurred?

- What did you do or fail to do?
- What were you thinking at the time?

- Where did you go wrong?
- Do you see any patterns of incorrect action or thinking?
- What would have been a better course of action on your part?

02. Relationships. Look back on your failed friendships and romantic relationships. Include your relationships with your family members, too.

- Think back on every major disagreement you've had. What was your contribution to the cause?
- Consider all of your relationships that have ended. How did you contribute to that relationship's end?
- Examine your romantic relationships
- Specifically. What do all of those people have in common? Are you choosing the wrong type of person for you?
- Ask your friends and family why they think your relationships failed.

“

**Have no fear
of perfection,
you'll never
reach it.**

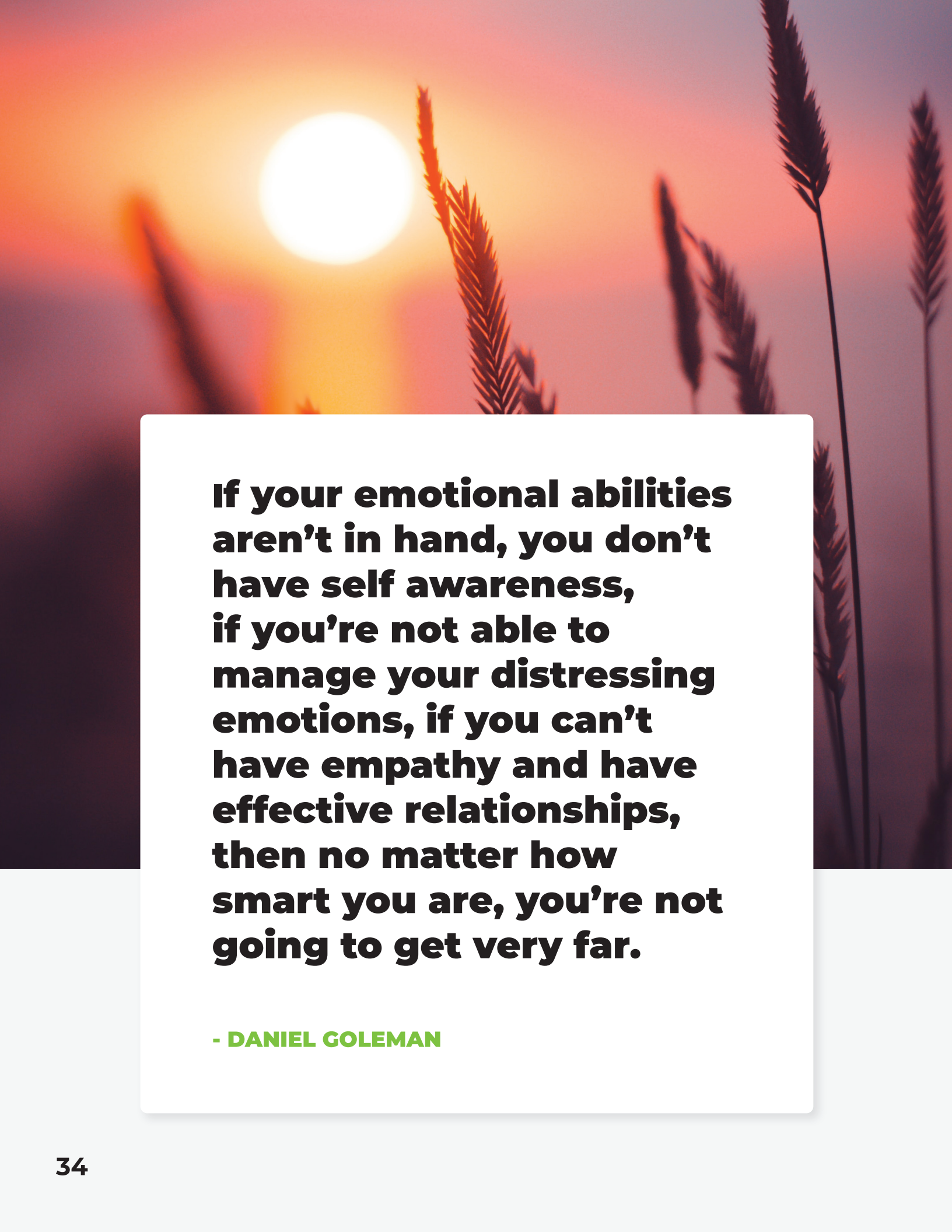
- SALVADOR DALI

- 03. Finances.** Look back on your financial challenges. What led up to those challenges? Could you have done something differently to avoid them?
- 04. Health.** What are the mistakes you're consistently making regarding your health? Are you going to the doctor regularly? Eating habits? Exercise? What mistakes are you making each day that keep your health and fitness less than acceptable?
- 05. Work.** What are the mistakes you're making at work? Ask your coworkers and boss for advice on what you can do to improve. You'll be surprised by what you hear.

The mistakes we make repeatedly are the biggest of anchors. They sabotage us continuously, and in many cases, we are unaware of them. When we turn our focus off blaming the external for our problems and accepting responsibility for our actions and decisions in life we can begin to move forward in correcting those negative patterns.



Discovering and fixing these mistakes is a huge step toward finding greater success.



If your emotional abilities aren't in hand, you don't have self awareness, if you're not able to manage your distressing emotions, if you can't have empathy and have effective relationships, then no matter how smart you are, you're not going to get very far.

- DANIEL GOLEMAN



Chapter 03.

MEDITATION - HOW DOES YOUR MIND WORK?

Our minds are very different than they appear to be. There's the real world, and then there's what's going on between our ears. We all have a different view of the world. The thoughts and noise going on in our heads taint our perceptions. It's not easy to see the world and life without these filters changing our perspective in some way.

Meditation is one way to notice the activity and bias of our mind. It's also a great way to give your mind a well-deserved rest. Meditation provides a mental reset like nothing else.

Your mind is ultimately running the show. You can only apply so much willpower before you're out of gas. Understanding how your individual mind works is important.

Start a daily meditation practice. You only need 15-30 minutes each day to get significant benefits. There's a plethora of information to help you get started, from books to videos to guided meditations.



We can remove most sins if we have a witness standing by as we are about to go wrong. The soul should have someone it can respect, by whose example it can make its inner sanctum more inviolable. Happy is the person who can improve others, not only when present, but even when in their thoughts!

- SENECA



Chapter 04.

DARKNESS & YOU

We all have our approach or methods for dealing with discomfort. Some are relatively harmless, while others can be quite destructive. It's possible to have strategies for dealing with discomfort that are actually beneficial!

The ways you deal with discomfort can aid or detract from your success.

How do you deal with discomfort? Let's find out:

01. What are you likely to do when faced with a task you don't feel like doing? Imagine you know that you need to clean the garage, and you'd rather eat a bag full of nails. What are you likely to do?

- Find another activity that needs to be done, but is more agreeable to you?
- Distract yourself in some way?
- What would you do instead? Take a nap?
- Rationalize that it can wait until tomorrow?
- Make a plan to clean the garage?
- Psych yourself up so you can get it done?

02. How do you handle boredom? If you have nothing to do, what are you likely to do?

- Choose a goal and work on it?
- Watch TV?
- Eat something delicious?
- Text a friend?

03. What is your response to stress? You're feeling anxious or under pressure. How do you handle it? Do you drink? Eat? Sleep? Or do you find a way to relax and get things accomplished in your life?

04. What are your bad habits? All negative habits provide one benefit: they make you feel better in the short-term. They have no other benefits. Bad habits are ways of dealing with negative emotions. If we were "tough enough," none of us would have bad habits.



The successful entrepreneurs that I see have two characteristics: self-awareness & persistence. They're able to see problems in their companies through their self-awareness & be persistent enough to solve them.

- ALAN SCHAAF

How do you deal with discomfort? The answer to this question tells you a lot. Poor responses to discomfort make life more challenging and decrease the odds of success. Handling discomfort appropriately gives you a huge advantage over the many people that do not.

There are better ways to deal with discomfort:


- 01. Find a solution.** Imagine how powerful you would be if you immediately started looking for solutions to a challenge instead of looking for a distraction.
- 02. Relax.** This doesn't mean take a nap. This means finding ways to reduce your discomfort enough that you can take action. Meditation is one example. Calling a friend is another.
- 03. Exercise.** You'll reduce your stress and enhance your health. At least it isn't causing any harm or wasting time like the traditional responses to stress.

04. Have a glass of really cold water. It will snap you out of your mental state, and you probably need to drink more water anyway.

05. Have a staring contest with your discomfort. When you're uncomfortable, it won't last if you'll look it right in the eye.

- Instead of doing something harmful or worthless, just sit with your discomfort and observe it.
- How does it feel?
- Where is it located in your body?
- Relax, keep watching it, and it will fade away.

Discomfort is your mind's way of protecting you. This is great if you're about to risk your life, but it's misguided the majority of the time. Success is heavily dependent on the ability to overcome this discomfort and take appropriate action.

 *Become aware of how you handle discomfort and devise positive ways of handling these situations.*

Then what makes a beautiful human being? Isn't it the presence of human excellence? Young friend, if you wish to be beautiful, then work diligently at human excellence. And what is that? Observe those whom you praise without prejudice. The just or the unjust? The just. The even-tempered or the undisciplined? The even-tempered. The self-controlled or the uncontrolled? The self-controlled. In making yourself that kind of person, you will become beautiful—but to the extent you ignore these qualities, you'll be ugly, even if you use every trick in the book to appear beautiful.

- *Epictetus*



Chapter 05. **HABITS**

Your habits control your destiny. It's not the amazing things you do or fail to do once a year that make a big difference. It's the things you do day after day that add up over time.

For example, think about how much brushing your teeth each day matters. Each individual day means nothing, whether you do it or not.

But look at the difference between brushing your teeth every day for three years versus not brushing them at all for three years.

The difference is striking.

Many of the things you do, or don't do, regularly have a monumental impact on your success and failure.

We are aware of some of our habits, but not all of them. The previous section on how you handle discomfort exposed some of your habits, but there are more.

The key to increasing the odds of being successful is creating goals that are aligned with your purpose and values, and then creating habits that bring you closer to those goals. So, do your habits support your goals?

Consider how your habits can make or break your odds for success:

- 01. What is your morning routine?** Even if your morning routine was never planned, you've developed a routine. The question is whether or not it supports being successful.
- What time do you wake up? Is that the best time to wake up to achieve your goals?
 - What do you have for breakfast?
 - Does that support your health and alertness?
 - What do you think about in the shower?
 - Do you review your plan for the day?
 - Do you review your goals?
 - Do you give yourself enough time to arrive at work on time?
 - What do you actually do each morning? What could you improve?

- 02. What do you do for the first two hours at work?** The first couple of hours at work set the stage for the rest of the day. How do you use them?
- Do you grab a coffee, chat with a friend, and check the ball scores on your computer?
 - How do you spend this time, and is it the best way to support your career goals?
- 03. What is your routine when you get home from work?** Most of us change clothes and hit the couch or the dinner table. How do you spend the time? If you wait for the weekend to do anything worthwhile, you're only using two days of each week. Is that enough to be successful?
- What could you be doing each night to make the biggest difference in your life?
- 04. What is your routine during the last two hours of the evening?** How do you wind down from a long day?

- Do you learn something new each night?
- Review your goals?
- Take action toward your goals?
- Do you prepare for tomorrow?
- Do you waste your time?
- How do you spend your time?
- Are you spending it wisely?

05. How do you spend your weekends? Most of us have more flexibility on the weekends. Unfortunately, for most of us that means doing nothing worthwhile for the majority of the weekend. What habits do you have for the weekend? What habits would suit you better?

Understand your habits and how they impact your success. Poor habits lead to poor results. The right habits create billionaires and other super successful people.



Take a look at your current habits and think about the future you can expect.



These are the characteristics of the rational soul: self-awareness, self-examination and self-determination. It reaps its own harvest... it succeeds in its own purpose.

- MARCUS AURELIUS

 Chapter 06.

HOW TO FIND YOUR PASSION

When you were a child, you were passionate about a particular career. The market may have tanked for becoming a cowboy or a dragon slayer, but you also lost your way. You allowed people to change your mind. Or you may have gotten a little lazy. Maybe you were more interested in impressing others than following your dream.

It's not too late to rekindle your passion.

You know more about yourself now than you did when you were 18. It might be the perfect time to track down a compelling future.

We've talked around this topic by looking at your strengths, hobbies, values, and the people you most admire. Now, it's time to be more direct. Goals and aspirations that include your passion are the easiest to attain.



Is it so bad, then, to be misunderstood? Pythagoras was misunderstood, and Socrates, and Jesus, and Luther, and Copernicus, and Galileo, and Newton, and every pure and wise spirit that ever took flesh.

- Ralph Waldo Emerson

Ponder these questions and answer them truthfully. Your thoughts and answers will lead you to your passions:


01. If you were the last person left on Earth, what would you want to do or learn?

Imagine you have access to every modern convenience. How would you choose to spend your time?

- This is an interesting question, because it eliminates the opinions of others. There is no one to impress or disappoint. It's just your interests and you.
- What would you want to learn?
- Many times, we want to learn something because of the benefit we can receive. In this situation, the primary benefit is satisfying your own interest.

02. What is the one, big thing you want to accomplish before you die? Let's take two examples: Climbing Mount Everest and finding a cure for cancer. What do these different goals say about someone?

- The desire to climb Mount Everest might suggest someone that values travel, adventure, risk, and great, physical challenge.
- The desire to find a cure for cancer might mean that person wants to help society, enjoys an intellectual challenge, and prefers to work in solitude rather than in a social setting.
- What does your dream accomplishment say about you? Goals that provide a similar reward or require similar types of effort are likely to be a huge turn-on for you. Goals that are the opposite are likely to be miserable.



What are you passionate about? Asking yourself that question each night will lead to some interesting answers. Keep track of the responses you receive and write them down.



Chapter 07.

JOURNALING

Journaling is a great habit if you want to know more about yourself. Journaling once a week doesn't provide a lot of insight. It's when you do it daily that you can see meaningful results. It's a great activity.

Journaling is:

- **Gratitude.** All you need is a pen and paper and pick one thing, the first thing that comes to your mind. It doesn't need to be something monumental either.
- **Reflecting.** You'll quickly see the patterns in your thinking, life, and behaviors by reflecting on yesterday.
- **Application.** You will use this as a action plan to ensure you continue to move forward in life.
- **Convenient.** You can do it anywhere. A few minutes are all that's required.

Use these strategies to start a journaling habit and learn more about yourself:

- 01. Write with a pen and paper rather than using a word processor.** Unless you're physically unable to write, manually writing is best. It's a more complete experience.
- 02. Reflect on your day.** What happened that was out of the ordinary? What thoughts do you have about your day? Was it good? Bad? How could it have been better?
- 03. Rate how you feel, both mentally and physically, on a scale of 1-10. Are you tired?** Write it down? Do you notice that you've been tired several days in a row? Do something about it. Monitor yourself.
- 04. List your successes and failures.** Define your successes and failures. You might want to do this for different areas of your life. For example: work, relationships, goals, and finances.

- Identifying your successes and failures is the first step to having more successes and fewer failures.
- Think about what you can do better tomorrow and in the future.
- Review your progress. How are you doing?
- Reviewing your goals keeps them fresh in your mind.

05. Write down anything else that seems relevant. It's your journal, write down whatever you like.

06. Once every two weeks, read over the previous two weeks. What are your thoughts about what you read? What insights do you have? How can you use that information?

Keeping a journal can be intimidating. We don't like to look at ourselves too closely. The fact that it makes you uncomfortable is a sign that it would be valuable.

There are many signs that you're uncomfortable about it. A few include:

- "I'm too tired."
- "A journal is dumb."
- "This is worth less."

Any type of excuse to not do it is just your subconscious getting in your way. You know it's a good idea, so just do it.

**Self-awareness
is something
that we actually
actively avoid.**

- TED DWANE



KNOW YOUR WHY?

WRITING PROMPTS

Consider using writing prompts to add to the level of self-discovery. These are just ideas or questions that direct your writing.

There are lists available online and in books. Here are a few to get you started:

- If I had an extra hour each day, how would I spend it?
- What was my favorite job of all time?
- What did I like about it?
- What do I want my obituary to say about me?
- With unlimited time and money, what career would I pursue if that was the only way I could spend my time?
- What do I need more of in my life? Less?
- How do I believe others would describe me?



Add a writing prompt each day to your regular journaling process. There might not be a better way to learn about yourself.

If you have no confidence in self, you are twice defeated in the race of life. With confidence, you have won even before you have started.

- MARCUS TULLIUS CICERO



Chapter 08.

TRAUMA

Trauma, especially in childhood, can have a huge impact on your thoughts and behavior later in life. It doesn't matter if the cause of the trauma seems silly as an adult. The fact that it was traumatic at the time is what's important.

Being afraid of a bully or losing your pet in first grade might seem inconsequential today, but it wasn't then. It had an impact.

Of course, bigger things like abuse or losing a parent can have even bigger consequences.

Answer these questions to discover the negative events from your past that may be influencing you today:

- 01. What are your worst memories from your childhood?** How did those impact you? How did they change you? Did it change the choices you made at that time? Later in life?

- 02. What would you tell yourself if you could go back in time?** Imagine that your adult self is talking to your younger self. What would you say? What advice would you give regarding that negative event?
- 03. Does it still impact you?** Do you view the world in a certain way because of those events? Do those events change how you make decisions?
- 04. Ask the same questions for events that happened after childhood.** Include bad relationships, negative events associated with work, and anything else that's happened since you turned 18.

Some people are able to shake off negative experiences with few long-lasting effects. Some of us are affected by traumatic events much more profoundly. Our brains are so intent on protecting us that our responses to trauma can be extreme.

Understand the traumatic events from your past and how they have impacted your life. Notice if they are still impacting your life.

Are they responsible for the limitations you put on yourself? Do they affect your relationships with other people? Are your values impacted by the traumatic events you've experienced?



Do you agree with these limitations? If not, how can you go about changing them?

Don't underestimate the power of vision and direction. These are irresistible forces, able to transform what might appear to be unconquerable obstacles into traversable pathways and expanding opportunities.

- JORDAN PETERSON



Chapter 09.

FINAL TIPS

A few final tips for the committed. There are plenty of things you can do here and there to increase your awareness of yourself. These are interesting activities you might not think of on your own. On the other hand, with a little effort, you might find even better ideas!

Here are 9 more ways to learn more about yourself:

- 01. Take a long walk by yourself in nature.** What kind of things did you think about? What did you notice about your thoughts? A more serious version of this is to go camping by yourself for a long weekend. Find a remote spot.
- 02. Read a book about something that makes you recognize just how blessed you are to have the life you live.** I have many suggestions but here are a few that I think are fantastic: “A Million Little Pieces”, “Shantaram”, “Things Fall Apart” and last but not least “Man’s Search for Meaning”.

- 03. Make a video of yourself talking to yourself in the mirror.** I know, this sounds crazy, but do it. Take the time to talk out loud to yourself in the mirror, don't hold back. Then, take the time to watch it and listen how you are to yourself.
- 04. Go to the gym.** This can be the most cathartic opportunity for you to use the darkness that consumes you to your advantage. There is a time and place to release it and it is never on yourself, this gives you an external outlet.

Ask yourself “why” until you get an answer you can use:

- Why do I hate parties? Because I can't talk to strangers.
- Why can't I talk to strangers?
- Because it makes me nervous. Why does it make me nervous? Because I don't know what to say.



**KNOW YOUR
ENEMY AND KNOW
YOURSELF AND
YOU CAN FIGHT
A HUNDRED
BATTLES WITHOUT
DISASTER.**

- SUN TZU


- Why don't I know what to say?
- Because I don't have anything planned in advance.
- Try this exercise and see what you find out

05. Write a personal manifesto. What do you want your life to represent? What is your credo? What are your rules for life?

06. Take online personality tests. I highly recommend these as they can give you some insight as to how you see the world and react to those around you as well as help you learn traits and characteristics of friends and family. DISC Assessment is the one I recommend. The more information you can gain to better understand yourself and your circle of friends the better equipped you'll be to interact with them.

07. Ask yourself, "Who am I?" Keep asking yourself. Ask hundreds of times over the course of several weeks. Keep asking and notice the answers you receive.

08. List your 10 biggest regrets. These are things you've done or failed to do. Why do you regret them? How have these experiences shaped your thoughts and feelings about who you are and what you're capable of? Can you find the positive in them?



Knowing yourself is a challenging task. You've spent every second of your life with yourself. You've been there for every experience. Yet, you often have more insight into someone you know at a casual level than you do into yourself.



Know Your Why?

CONCLUSION

We are composed of our values, experiences, habits, and preferences. The mistakes we repeat limit us. Our passions remain hidden.

We're so busy worrying about the opinions of people that don't even care that we don't know ourselves anymore.

But knowing yourself is a fundamental key to success. Without self-knowledge, you will assume luck has a greatest influence over the results in life. The truth is, the power and the keys to success all lie within you. Our true self is that part of us that never changes.

We often cover up the true self with false beliefs and fears. We superimpose the desires of society over our own. So, finding the true self requires that we go back to the beginning.

**Spend the time to get to know your true self.
When you do, you can finally soar!**

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

- DON MIGUEL RUIZ

ABOUT THE AUTHOR



Joshua Coffman

coaching, and developing, some of the brightest and biggest culinary teams. He's systematic approach encouraged healthy cultures, mindsets, and self reflection, allowing his teams to thrive.

After a successful career building some of the most profitable restaurants in the country, Joshua is now using his skill-set to create Beyond the Kage. Which teaches men how to create and cultivate the life they dream of, by focusing on the Trichotomy of Man: Mind, Body, and Spirit connection, through actively taking responsibility and implementing discipline to achieve their goals.

Joshua enjoys the gym, spending time with his two Pitbulls (Nahla and Rocco) hiking, reading, writing, podcasting and reading The Bible.

Joshua is available for your coaching, mentoring, company culture assessment and interviews.

What is Beyond the Kage?

Beyond the Kage is a system that was created to teach and guide you down the path of reclaiming yourself and finding your purpose. It is the practical application for you to hold yourself accountable and have actionable goals to see the progress you are having in your journey of life. The Kage is the mind as well as the societal constructs of ideas that we place on ourselves pinning us into a lifestyle that we despise.

The discipline of this coaching is based on the Trichotomy of man: Mind/body/Spirit. In order for us to have synergy on our lives we need to be balanced in all aspects of our life. The first area that needs to be understood is the mindset of how we view the world and ourselves in it.

The Mind System is based in Martin Seligman's Positive Psychology, which is, "The scientific study of the strengths that enable individuals and communities to thrive.

The field is founded on the belief that people want to lead meaningful and fulfilling.

The Body System is based on the 90 nutrients, which was founded by Dr. Joel Wallach, focusing on the 60 Essential Minerals, 16 Essential Vitamins, 12 Essential Amino Acids, 2-3 Essential Fatty Acids. We live in a world where even the best organic food doesn't have the nutritional foundation needed for us to live at an optimal level.

The 90 nutrients are the building blocks of your physical health and will be a focus for us during your coaching in this area. The second area that this system incorporates is proper training and supplementation. Everyone's body is different, therefore it takes time to learn the ins and outs of the best way for you to train and what supplementation you will need. The basis for the training will always consist of synergistic style workouts, including body, weight, cardio, HIIT and breathe work.

The Spirit System is based on The Word of God, The Bible. The foundation of what we focus on is understanding who we are in Jesus and who He is in us. How through reading The Word and applying it to our lives we get a better understanding if who we are, who God wants us to be and how we can have a relationship with God. The voids in our lives become filled once we recognize that we do have a purpose, therefore you were intelligently designed to go out into the world and expose your light in it. We focus on scripture as the basis along with prayer and daily communication with God.

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KNOW YOUR WHY

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Become A Legend

— with —

BEYOND THE KAGE

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