

Discover Your **Self**

Workbook



created BY
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This is all about you !!

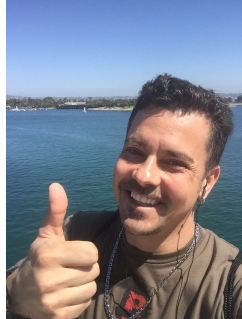


Being concrete on who we are has a profound effect on every aspect of our life. Regardless of its importance, few people will choose to travel this path of deep introspection. Self-reflection is not a luxury which should only be explored on our off time. In order to connect with ourselves fully and recognize the true benefits of human's access to self awareness, one must engage in daily supportive practices in self exploration. Without daily reflection, one can never learn to leverage their true strengths, nor manage their weaknesses. Instead, we continue to live our lives on autopilot, habitually reacting as a powerless victim to every situation we find ourselves in.

By participating fully and engaging in the answers to the questions that follow, you will have taken a huge step in exposing all of the pieces which are critical to you becoming the best expression of yourself. Enjoy the process. Have fun reflecting on some of the images which will be created in your mind. But most importantly:

- Be honest
- Be true
- Be you

This is all about you !!



ABOUT THE AUTHOR

I am Tony Kates, the founder of **Refuze to Live Average**. A community and movement dedicated to changing the world by investigating and developing the individual.

I believe, as humans, we have largely fallen short of our potential. I know this has been the focus of many other groups before me, and they have accomplished amazing things with their trainings to develop external solutions such as business models and income. It's now time to redirect this focus toward developing deeper introspection will create internal development and in turn produce much further reaching external victories.
To look inward is to find fulfillment.

We tend to consider reaching **our** potential as a moment when we cross some previously established external finish line. Some financial success or career recognition in comparison to *someone else*. This is why people die feeling unfulfilled at such an alarming rate. That success was *their* potential, not yours. Other's success should only be celebrated as *they're* achievement. With **Refuze to Live Average Coaching**, I hope to evolve us out of this concept of chasing *someone else's endgame*, and instead, direct our attention inward toward our own ever expansive potential. Right now, each one of us is carrying around a unique combination of resources, which we've accumulated throughout our lives, that has never before existed. Our evolution works in conjunction with the evolution of the environment we continually create. As such, every single one of us continually brings an entirely new canvas of possibility. Sadly, the majority of us never consider this and spend our lives looking outwardly at fitting in or following the norm and taking all of our very own creative potential to the grave.

By answering the questions below you have taken the first step in affecting your potential. By looking inward and gathering a clear understanding of who you are and what has brought you to this moment in life, only then are you able to consciously apply your preferences toward developing yourself, your environment, and recognizing your true potential. The only way to achieve true life fulfillment is to live to your fullest and release it all into the world. Live full, and die empty.

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Enjoy, and as always *Refuze to Live Average !!*

BASE LINE INFORMATION

| | |
|------------------------------|--|
| Full Name: | |
| Date of Birth / Age / Gender | |
| Email Address: | |
| Street Address: | |
| City: | |
| State / Providence: | |
| Country: | |
| Zip / Postal Code: | |
| Personal Phone : | |

Rate your level of satisfaction toward the following:

Your overall level of happiness ? (Low 1 - 10 High)

_____ **Comments:**

Physical development (Fitness, Nutrition) ? (Low 1 - 10 High)

_____ **Comments:**

Physical environment (Home, Work, Geographic Location) ? (Low 1 - 10 High)

_____ **Comments:**

Fun and recreation ? (Low 1 - 10 High)

_____ **Comments:**

Romantic life ? (Low 1 - 10 High)

_____ **Comments:**

Family and friends ? (Low 1 - 10 High)

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Comments:

Financial situation ? (Low 1 - 10 High)

Comments:

Career ? (Low 1 - 10 High)

Comments:

What areas of your life are you most happy with ?

Where do you feel most fortunate and content ?

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What are you most unhappy with ?

What areas are causing you the most pain ?

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How much do you struggle with addictions ? (Low 1 - 10 High)

Comments:

How much affect do others have on your happiness ? (Low 1 - 10 High)

Comments:

How important is it to continue learning new things ? (Low 1 - 10 High)

Comments:

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How much influence does the media have on you ? (Low 1 - 10 High)

_____ **Comments:**

How in control of your emotions are you ? (Anger, jealousy, etc.) (Low 1 - 10 High)

_____ **Comments:**

How excited are you to get up in the morning ? (Low 1 - 10 High)

_____ **Comments:**

How likely are you to stay up later than you should ? (Low 1 - 10 High)

_____ **Comments:**

How much do you get involved in other's situations ? (Low 1 - 10 High)

_____ **Comments:**

What specifically is happening in your world right now that has you seeking a new solution ?

Experiencing hardship ? Have you plateaued ? Feeling numb, disconnected, or out of control ? Are you overall disappointed ?

What additional contributing factors could you attribute toward creating this situation ?

Who / what else is responsible ? What is a brief timeline of events leading up to now...

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What secondary / residual effects this is creating ?

What else is being affected directly or indirectly by the above explained scenario ?

How would you like to see this situation be resolved ?

Experiencing hardship ? Have you plateaued ? Feeling numb, disconnected, or out of control ? Are you overall disappointed ?

What / who needs to change to create this new reality ?

Using a Magic Wand, what would have to change ?

How would the secondary / residual effects be benefited from this new reality ?

Let's build a case for change...

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Is your current situation affirming something you believe about yourself from childhood ?

Keep an open mind. What can you connect it to. This affirmation may be subconscious but still worth recognizing...

Have you seen or experienced any situation similar to this in the past ?

Can you compare this to another time ? How did that end up ? What applicable from that situation ?

YOUR DREAM LIFE VS REALITY

What would your perfect life consist of ?

Going beyond the previously listed situation, write as much detail as possible describing your entire perfect life ...

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How much do you believe you can create this life ?

(Low 1 - 10 High)

_____ **Comments:**

What level of change will you need to experience ?

(Low 1 - 10 High)

_____ **Comments:**

How important is it for you to live this life ?

(Low 1 - 10 High)

_____ **Comments:**

ABOUT YOU

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What are your four main strengths ?

What do you excel at ? What is natural, what have you worked hard to attain ?

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What do others recognize you for ?

Sometimes people see things in us we do see for ourselves. List them here...

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What are your four biggest weaknesses ?

What do you excel at ? What is natural, what have you worked hard to attain ?

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What do others negatively accuse you of being?

What do you excel at ? What is natural, what have you worked hard to attain ?

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What are your 4 strongest values ?

What do you stand for ? What is most important for you to uphold ?

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What 4 problems exist in the world which you recognize the solution to ?

New careers are often spawn from the awareness and effort to provide a solution into the marketplace ?

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Who / what do you allow to have control over your decisions ?

How does this affect your ability to create the better outcome you are looking for ?

List 10 Habits. 5 Supportive, and 5 Destructive and how they affect you?

Habits are different than strengths & weaknesses. Habits are adjustable choices which affect our outcomes.

| Good Habits | Positive Results |
|--------------------|---------------------|
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| Destructive Habits | Destructive Results |
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Have you taken a Personality Type Assessment ?

Example: DiSC, Myers-Briggs, Strengths-Finder, etc ?

| TEST | RESULTS |
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How high priority is Certainty (Safety / Security) ?

(Low 1 - 10 High)

How do you achieve this:

How high priority is Uncertainty (Variety / Change) ?

(Low 1 - 10 High)

How do you achieve this:

How high priority is Significance (Feeling important) ?

(Low 1 - 10 High)

How do you achieve this:

How high priority is Connection (Relationships / Love)?

(Low 1 - 10 High)

How do you achieve this:

How high priority is Growth (Knowledge / Skills)?

(Low 1 - 10 High)

How do you achieve this:

How high priority is Contribution (Giving to others) ?

(Low 1 - 10 High)

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How do you achieve this:

How much effort do you spend learning about yourself ? (Low 1 - 10 High)

_____ **Comments:**

How much effort do you spend keeping active (breaking sweat) ? (Low 1 - 10 High)

_____ **Comments:**

My effort toward sedentary activities (TV, ect) ? (Low 1 - 10 High)

_____ **Comments:**

How important are “feel good” activities (vices) ? (Low 1 - 10 High)

_____ **Comments:**

How much do you challenge your physical limits ? (Low 1 - 10 High)

_____ **Comments:**

How important are the consequences of your health ? (Low 1 - 10 High)

_____ **Comments:**

How often do you engage your creativity ? (Low 1 - 10 High)

_____ **Comments:**

Which of my activities have attributed toward positive results for my life ?

Where did I go right ?

| ACTIVITY | RESULT |
|----------|--------|
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Which of my activities have attributed toward negative results for my life ?

Where did I go wrong ?

| ACTIVITY | RESULT |
|----------|--------|
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Describe what your “acheived” life will look like 12 months from now ...

Describe “making it”. What are you doing? How do you feel ? What are your relationships like ? Activities ? Income ?

What are your current 3 top priorities for the next Quarter to accomplish toward this ?

What 3 things are you looking to accomplish in the next 3 months ?

What methods are you using to track your progress ?

It is critical to document and track your plan, otherwise you are leaving your success up to chance.

What are your major motivators to drive your success ?

What will keep you going when you run out of enthusiasm and motivation ?

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What happens if you don't succeed ?

How will it feel ? How will people react toward you ? What choices will you have access to ?

What overall outcome you are looking to accomplish ?

Financial ? World ? Personal satisfaction ? Legacy ?

Prioritize what areas YOU are most interested in focusing on ?

Zero-in to ensure value in our time and effort ...

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How will you recognize a turning point ?

How will it feel ? How will people react toward you ? What choices will you now have access to ?

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How much time do you want to work directly with someone to achieve these outcomes ?

What do you think will accomplish your goals ?

| Hours / Day | Days / Week | Weeks / Year |
|-------------|-------------|--------------|
| | | |

How much do you believe in yourself ?

(Low 1 - 10 High)

comments:

How disciplined are you toward implementing change ?

(Low 1 - 10 High)

comments:

How willing are you to accept responsibility ?

(Low 1 - 10 High)

comments:

How do you rate your support structure ?

(Low 1 - 10 High)

comments:

How do you rate your current pain ?

(Low 1 - 10 High)

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comments:

How responsible do you feel for other's well being vs your own ? (Low 1 - 10 High)

comments:

How much priority is currently directed toward self care ? (Low 1 - 10 High)

Comments:

How high do you prioritize sleep ? (Low 1 - 10 High)

comments:

How strong is your willingness to persevere ? (Low 1 - 10 High)

comments:

How strong is your commitment to succeed ? (Low 1 - 10 High)

comments:

Now that you've taken the time to answer these questions thoughtfully and honestly, you have a strong evaluation to align your **real life** success with. What you put into this process on the front end will greatly determine what you get from it on the back end.

Most often our biggest struggle toward living the life we desire and what's causing the majority of our disappointment is in our never asking the right questions. Never truly defining **where you are right now**, **what do I want my perfect life to look like** and/or **what it will take to get there**. Then remain accountable toward implementing this information.

And even at times when we do, we allow our **actions** to be *distracted* and

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influenced by the *satisfaction* and *opinions* of *others*. We are told what we are *supposed to want*, but these are not necessarily the things we **truly desire**.

Starting this process over by asking clear and concise questions designed to draw your direct and honest responses **guarantees** you are continuously headed in the *right* direction **for you!**

Be sure your answers are not based on making others happy or having concern for their lack of mutual interest or opinion. If you have, go back and change them **now**. You've already seen where that gets you, this time let's try something **new**...

Your life needs to be created ... **by you**.

When you **Refuze to Live Average**, you no longer accept living “*status quo*”, nor will you allow others to define what it means to be successful, happy, fulfilled, or satisfied. This is *your life* and it will be *you* who ultimately decides if you've lived it to your terms.

What to do next:

If you've enjoyed answering these questions and are excited to begin learning how they can now be translated into effective actions building your future, join our team and become a free [Honorary Member](#). Here you will gain access to many more extremely effective programs and supportive tools.

I look forward to growing with you,

