

MeWe&Us

Life Objective

Self

Application of Self-Discovery

As a person whose underlying life structure is Self through Application, you know your Higher Self by applying what you discover about your Higher Self to everyday experiences and relationships through your actions and behavior.

The Life Objective of *Self* involves learning to know and be your Self through self-discovery. This life objective is about leadership, first learning to lead your Self, then to lead others. This involves following your impulses and may require butting your head, taking chances, and getting hurt. Taking risks allows you to experience the many facets of your Self rather than being focused on the outcome. Self-discovery must be the underlying intention in all motives and actions. You are learning to trust and be your Self and to experience the joy of self-discovery. Trust your intuitive wisdom and be willing to experiment. Life is an adventure when you follow your spontaneous impulses and ideas with action.

Strengths

Love - You have a well-developed capacity for Love. You must turn your love toward your Self and push through your feelings of insecurity and the need for validation and approval from others. Validate and give approval to your Self and allow your Self to be seen. You build trust in your Self by revealing your Self and seeing that self-realization really works. Change the methods you use in close relationships. By putting your Self first in a natural way, everyone wins.

Individuality - You will gain in terms of personal growth, development, and gratification by working in unusual areas, doing jobs others avoid, and doing more difficult tasks. You thrive on being an individual. Enjoy being different from others.

Leadership - This life objective is about leadership, first learning to lead your Self, then to lead others. You enjoy using your individuality to benefit others as a leader. Intuitively you know how to support others by your sensitivity to others' needs. Subconsciously you think others are like you and have your intuitive sensitivity. You have compassion for others who do not know how to support you and you are learning to communicate your needs so that they may.

Diversity – You are teaching others (in personal relationships) how to love and be sensitive to the diversity of others.

Obstacles

Self-confidence - Seeing your Self through the eyes of others, through what they think, and what they want you to be, is not who you are. This dilutes your confidence in making decisions based on your own nature. Be your Self no matter how others perceive you.

Should - Let go of being the “nice person” and the preconceived notions of what you “should” do. Your goal is constructive assertiveness.

Negative Emotions – You may feel guilty about experiencing negative emotions and want to pretend everything is fine. Expressing and integrating negative emotions like anger and resentment is

healthy for you. They are your strength in an unrefined form. Take time-outs to get in touch with your emotions and feelings so that you can avoid reacting in a surprising, irrational way. The masculine part of you, the potent, assertive, leadership energy, may be repressed. Tapping into this energy and integrating it in a gently sensitive energetic way will facilitate a healthy expression. Strenuous physical exercise will help integrate intense emotions and release them consistently and constructively, avoiding inappropriate displays.

Power - You are coming into your own and claiming your own power. The fear of expressing your Self may make you shy. You may be hesitant to see how powerful you can be when you are presented with your own body and fully grounded in your own identity. Your mind and intellect are obstacles which make you afraid of being wrong, resulting in the belief that your power is at risk of being invalidated. The experience of being wrong validates your sense of Self because you took the risk. Taking a stand is more important than the outcome.

Dependence - You may tend to be overly dependent, relying on others to fulfill your needs. You may feel let down when others do not read your mind. A healthy relationship occurs when two people bolster each other's identities as separate individuals while working toward a common goal. Remain in your own power while participating in relationships.

Excessive Giving - You may give beyond the point of balance and drain your life force energy. Allow your internal sense of moderation to regulate your giving. The sharing of energy needs to be mutually regenerative.

Challenges

Self-perception - Seeing your Self through your own eyes and listening and acting on your inner desires will develop a strong sense of Self. When you start doing things that please you, you will increase your energy and bolster your Self, making you feel confident and nourished.

Self-Love - Loving your Self will actualize your dreams. Honesty with Self and others is the only way. When you are not hiding anything, you can focus all your energy in the direction you want to move and enlist the support of others. When you put your Self first in a natural way, everyone wins. Take actions which make you feel stronger, happier, more complete, and satisfied. If you respect and honor your Self others will do the same. Respect your Self. When you let others know your needs and expectations in relationships, you will attract people who resonate with your values and can reciprocate. Your behavior does not always have to be logical and you do not have to justify your Self or your decisions. You are learning to be sensitive to your own internal ebbs and flows rather than those of others. Live in a way that is fair to your Self.

Honest Assertiveness - Be impulsive and say what first comes to mind. This teaches you who you are and validates your true identity, apart from others' projections. Validating your impulses by acting on them increases your energy and strength.

Intuition – You are learning to trust and be your Self. Trust your intuitive wisdom and be willing to experiment. Your ideas are unique and innovative, though your first response is resistance because it means change. You are learning to experience the joy of self-discovery. Life is an adventure when you follow your spontaneous impulses and ideas with action. You will feel an inner fullness and substantial positive feelings. Stop doubting and just be.

Self-Discovery - Develop the courage to follow your impulses. It manifests vitality in your life. You will find out who you are by butting your head, taking chances, and getting hurt. Taking risks allows

you to experience the many facets of your Self rather than being primarily focused on the outcome. Self-discovery needs to be the underlying motive behind all action. Whatever happens will reveal more about who you are.