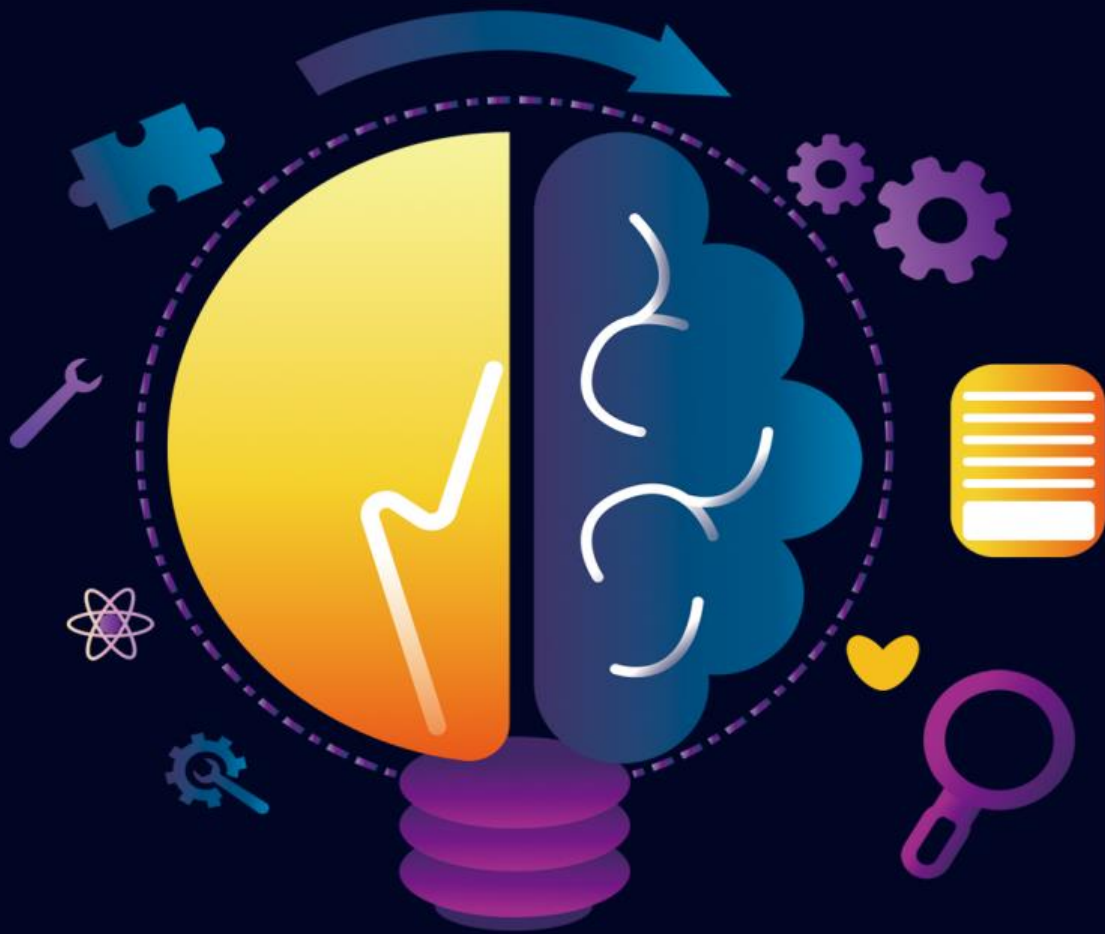




INFINITE YOU

Design Your Pathway to Self Mastery

START UP KIT



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By Rachna Mimani

FOREWARD

This book is not about getting success or getting famous or rich, but it is about knowing self in a better way so that we can get to know the most important thing and that is YOU.

And by doing self-analysis, how we can use our strengths and weaknesses to help improve ourselves as well as other people's lives too. A must read for those who want to get rid of negative energy stored in themselves. It will help you channelize your thoughts to help achieve the desired GOAL you always wanted in life.

It's an Easy read and with practical exercises. The author gives great examples of everyday life. I also highly appreciated the exercises that are given. It's very inspiring book that I would recommend.

It's a simple, practical, and with proven-effective exercises that can turn your mind into a powerful tool for improving your everyday life.

There is no doubt that the information in this book can help you restructure your mind and the help change the stories that you tell yourself on a daily basis, which impacts your life. All the very best – be unstoppable.

Hi I am Rachna Mimani

Self-mastery Coach

Are you leading a life which has reached its plateau and every other day seems like eat, work, sleep and may repeat? The life seems to running on an auto pilot mode. Or are you stuck in the cycles of self-doubt. Or are your dreams just on backburners, while you are doing life. All of the above just making you feel like any other person moving in the crowd.

And are you longing to move out from that space and see the light of success, freedom and choice. Then I am here to help you discover your true purpose, passion and potential to reveal your true self.

My journey

It feels really amazing to have the ideal wife, daughter-in-law, sister and mother suffixes to your name and somewhere every women strives to achieve that. So did I and got them at hands down vouch from people around me. So here it seems like what more to achieve and get, looks like nothing. In this entire process I lost “me”. I was leading an auto pilot life when it just seems me living all the different roles and lost sense of self.

The journey started with fixing things around me and not me. I would fix, organise, control and perfect everything near from clothes to people. This life only made me anxious, depressed and stressed living me more fragile, in self-doubt, obsessed and frustrated. I was at my wit ends.

That day I realised if I want things to change then I have to change. It's about only making choices and accepting the responsibility of the same and being accountable too. As an entrepreneur many of my initial ideas and ventures failed but the passionate me did not give up. It actually increased my resolute and made me discover my love for Coaching and Psychology. My failures made me realize that I can use my love for the subject and failures of my journey to empower people to uplift them.

My Mantra:

- ❖ Excuses please excuse me
- ❖ Power of choice is mine
- ❖ Back your choices with believe, passion and discipline.

“Transformation does not start with someone else changing you; transformation is an inner self reworking of what you are now to what you will be.” – **Byron Pulsifer**

Self-Mastery journey starts when you aspire to do the work that is truly meaningful to you. Meaningful work is inner-driven because it is the outward expression of your inner self. You are transforming yourself from the inside out. The process continues with one discovering the vision and mission of their life for the meaningful work they do. The Cambridge dictionary describes the word transformation as “ a [complete change](#) in the [appearance](#) or [character](#) of something or someone, [especially](#) so that thing or [person](#) is [improved](#)”.

Many people want to improve or change their life in terms of their why, what and how of life. However, they are also unable to create a lasting impact of the same in their day to day life. The journey for one's transformations happens, when people find themselves to be able to create lasting changes which is evolved version of self and also these changes are irreversible. They go through a journey of self-mastery. The process involves changing the way one thinks, respond and feels about things in life. As one makes progress and efforts towards changing his/ her inner world the change in the surrounding starts to happen. The new way life starts to unfold with every change and shift in the perspective is achieved by the individual. The individuals facing major challenge or several challenges evolve with the challenge, the burning desire to look for solution and the determination to move ahead not only helps to look for solution based upon their own capabilities but also they create shifts in the way they visualise, address and reframe the perspective, in the process they achieve breakthrough in life.

Why Self-Mastery?

The historical evolution of human being show that the brain has gone through lot of structural changes and along with that the capacity of the human brain has also led to evolution the way humans think and feel their surroundings. The evidence could be seen from the various revolution the world has seen leading to the increase capacity of humans psychologically. The evolution of human brain has happened in many folds, the stimuli generating form the genetic, sociocultural and economic environment and the corresponding responses have undergone change. These change in response has also changed the way the mankind think, behave and act.

For Instance, the entire process and way taking picture has gone a change. Today while we click our photo we get to see it immediately, how the picture has come? We can take 50 clicks in one minute. Unlike, earlier where the camera had a limited capacity of 36photos on film role. Each picture was taken with great patience and best attempt was made to click the best picture. The film role was used wisely and we had to wait first for the role to finish and then three days for it to develop and be our hands to experience. This entire experience of taking photo has undergone a change and the film roles has become the obsolete now and camera are now digitised and more colourful now. Can we today think to go back to that long process of clicking pictures? Obviously “No.” Here is one thing also to mark the process from the traditional means was not at one go it happened over period of time. The camera went into change from shape, size colour to creating a whole new experience for people.

Self-mastery coaching is one such process which where we transform like metamorphosis. Once a person goes through process will be unable to go back to its initial lifestyle and ways of being. We as humans change all the time but transform may

be once or twice in our life time. The journey of transformation is more towards working on oneself- its attaining “self-actualisation”. The encounter here is with the self and the engineering is done inside out leading to the change perspective, action and feeling. The self-mastery coaching dives deep into the psyche of the human mind.

Self-mastery coaching is about letting a person become “the being” he/ she desires to be. The premise of this coaching rests on one question “Who do you chose to be?” The people who come into the process bring along with them their own aspirations, dreams and goals which forms the part of their life and will have larger part of emotions. The coach here steps into help them dig deep into themselves and works with the client to let them discover the beliefs, images, perceptions and map of their phenomenological world. The coach also examines the thought process and like a pillar lays foundation of the newly discovered “way of being”, which leads the paradigm shift in the person leading to the embodiment of the higher realised self or in other words I would say ARISE to Metamorphosis.

Phase 2: Realise self-worth

Step 3. Ambiguity: state of confusion and feeling of being lost. This phase is where a person is vulnerable to the emotions and is still seeking its new self to be in place. The clarity on what the new self-concept is cleared however the process to be at identified into the new self-concept is complete. We are in place where we have detached ourselves from the former structure but are still waiting to take the leap. The questions that usually encompass self are: -

- d. What if I can take this leap of faith?**
- e. What are my chances of success?**

“To be or not to be” is the state of the person thought process.

Step 4. Liberation: learning the art of letting go and losing the hold on past behaviours, thoughts and actions. Ready to leave old structures behind. The person here comes face to face with his limiting beliefs and chooses to let go of them to move to newly decided self-



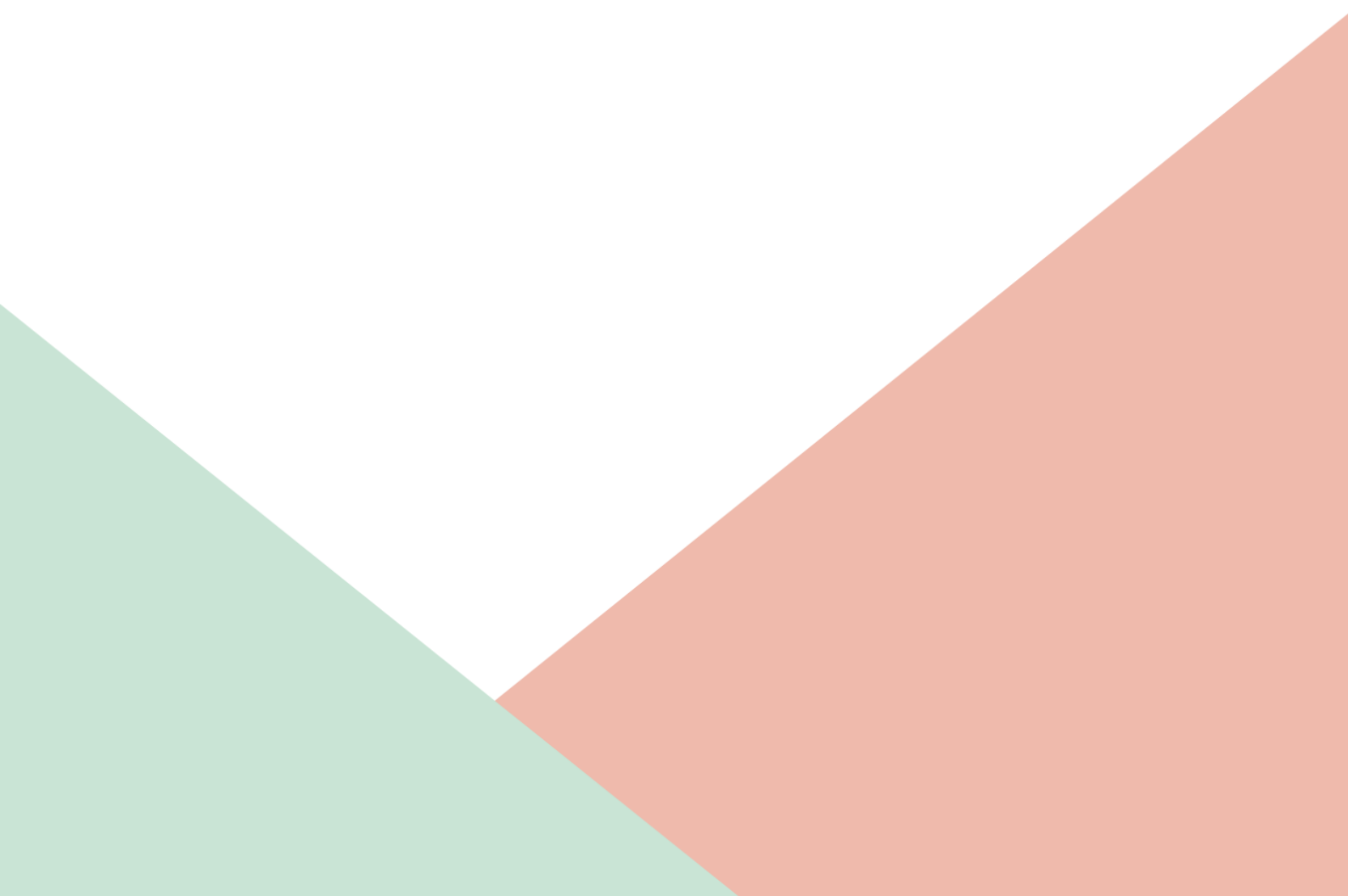
years to happen. The process of self-mastery requires a lot of strength, courage and commitment. It also requires large amount of mental strength where one can surrender to the change process.

My Role as a Self-Mastery Coach:

The role of coach here is to co-create space for the client to be able to **accept and create actions** for oneself. The client is also able to **realise** his/her own self-worth and is ready to go into **incubation** bring about the change inside out. The incubation of self in the process of metamorphosis will lead to space where the person is **seeking** to find answers to the questions and the coach supports the individual with powerful questions which leads them to achieve breakthrough. The coach along with the client helps to get clarity and structure in them. The new found self is free from limiting beliefs. The coach at the final stage support the individual to embrace and amalgamate the change in self. The negative beliefs are substituted with positive self-belief, new found confident self and have positive affirmations to look forward to **embrace to empower**.

The few attached worksheets will help you discover your Passion, purpose

Recognize Your Wheel of Life
beginning from this moment –
understand your passion and
purpose by quickly going through
these exercises in the following
pages:



1. Find your Passion to Understand your Purpose.

A lot of people out there living a life of a machine – a life without passion, do you think is it worth living? The majority of them have zero ideas of what passion is all about – some of them consider their daily job as their passion, whereas some feel they don't know how to feel their passion. Both ways, they are basically stuck in their present situation.

A life full of passion is a life worth living. Do you know why? Because if you successfully find your passion, you don't need to do anything much – your passion knows how to fuel you up effortlessly, for every day, month, year, even your whole life.

So what exactly passion is all about?

No, it is not the work you doing. If you think your passion is to excel in your job, you are wrong.

Your passion is greater than your job – your job only works as a sort of manifestation of your passion.

Your passion defines who you are, not what you do.

You can be good at writing. You feel great how to express well through words. Since you feel passionate about writing, you can be an aspiring author or editor or anything of that particular field, right?

So, to make your passion instil into your career to lead you to the allies of your purpose, you can start identifying what makes you strong?

So what makes you strong?

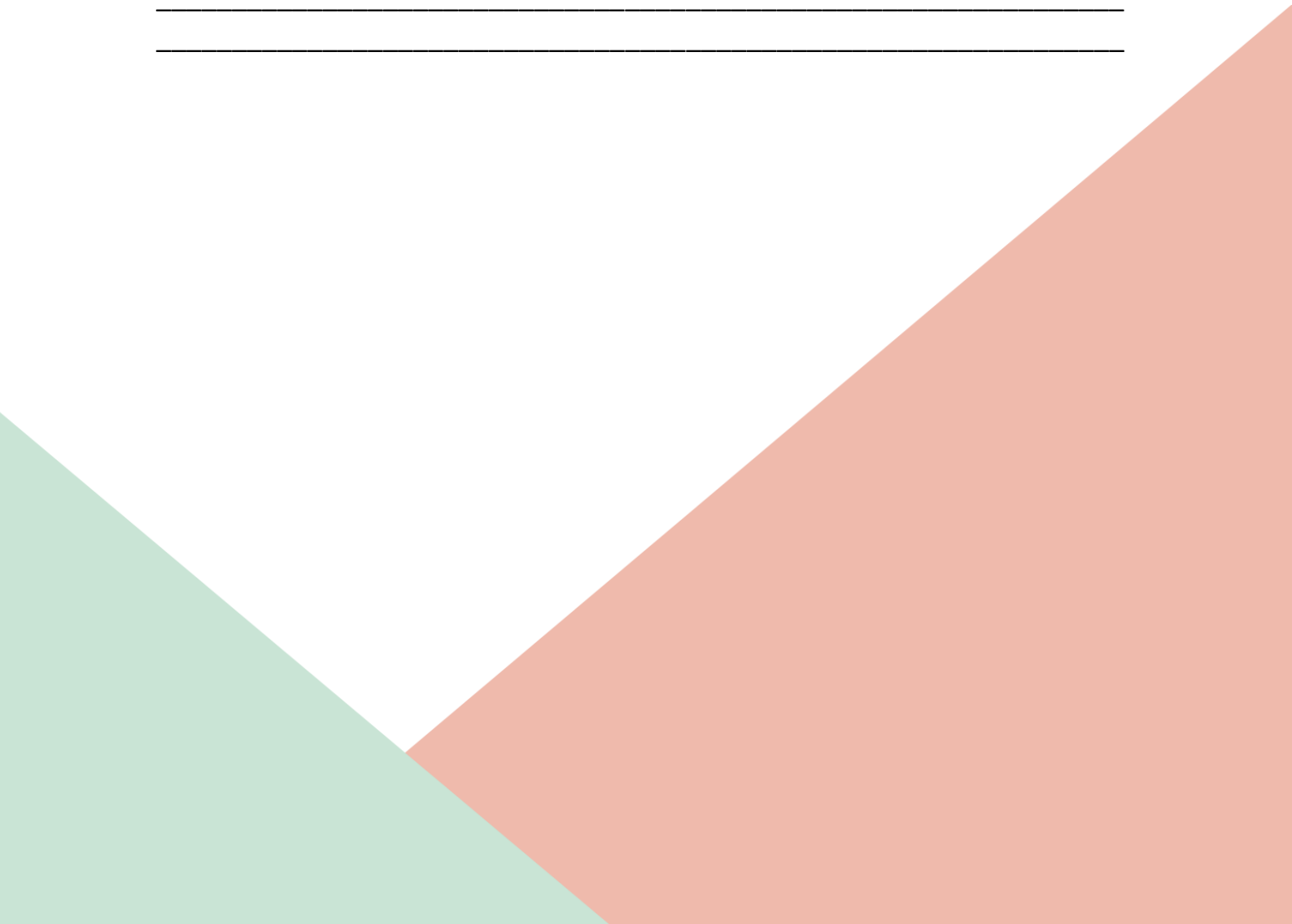
Remember, your strengths and what you feel strong at are two distinctive elements. They are not as similar as they sound.

Your strengths can be your analytical thinking, organizing, detailing, etc. – on the other hand, you might feel great at or strong at dealing with people, helping them find a better career option, your compassion, your writing ability.

So in that case, you can either be into career coaching, authorship, blogpost writing, content writing. See, the core focus is *to drive your passion into your career so that you can find your purpose.*

So what are your strengths?

What do you feel strong at?



2. Life Values – Values of Your Work & Personal Life

Work Value:

Your work values are slightly different from work ethics.

Your work values make you realize the freedom you strive for in your work. Suppose you feel strongly the need to figure out your stuff without the instruction of your boss, it creates your work value.

Your work value is only yours. There is no place for judgment when you only realize what keeps you going. Suppose you love to interact with your peers before closing a deal – that's also a work value. If you are not finding peace at your work, one of the reasons could be the misalignment with your work and work values. We all have a certain kind of work values. What are yours?

Make a list of your 5 biggest work values along with their reasons.

1. _____
2. _____
3. _____
4. _____
5. _____

3. Vision to Find Life Purpose.

Now that you recognized your work values, next comes your vision. Do you have any vision at all?

What vision is all about?

Your vision is your driving force – something crystal clear, something inspiring that whenever you think about it, it brings a smile on your face; it brings a sense of fulfillment.

Do you have a clarity of your vision?

If not yet, you don't need to worry. Whatever you want to achieve, you first need to visualize. There is no right or wrong, but only your guiding force.

So, do one thing. Take a moment and start dreaming. Feel it that one year from now...

- ✓ Where do you want to be?
- ✓ With whom you want to be?
- ✓ How much money you are making?
- ✓ What are you contributing to the world?
- ✓ How are you feeling thinking about all your achievements?

Discover Your Life Purpose & Live It.

If you have a crystal clear clarity of vision, it would be easier for you to understand your life purpose. Now, this is the most interesting part when I apply this technique with all of my clients with more depth – each of them comes up with different experiences which is quite a fascination.

Now that you have your vision, ask these simple questions to yourself:

1. What did you want to be as a child?
2. What activities do you love to do the most?
3. What are the reasons people come to you to seek your help? What problems them you can solve the most efficiently?
4. Do you love to teach (not necessarily bookish knowledge or ideas)?
5. What are the tasks that make you more energetic?
6. If money were not a big deal, what job you then would prefer to do?

You have your answers. Be true to yourself and write down what you feel to do the most. Write down for almost about 20 minutes at a stretch; and then read it.



There is not a particular thing that defines your life purpose. To dive deep into it, you need to do some more **exercises**. We have designed a **questionnaire** for you to gain deeper **clarity of yourself** so that you can think of your life the way you want. It will enable you to figure out your **strength**, the areas of your life that you never think of, to gain **fulfilment** in the process of seeking your **life purpose**. Give reason (because/about) to each of your answers to the statement. (Here “I” stands for “you”)

1. I like the person I am becoming because

2. I love my life because

3. I am not satisfied with my life because

4. I am sure of my life purpose and I am living it now

5. If only I could change _____ my life could be better.

6. I don't have any goals but I have been thinking about

7. I have goals for my life that I have written them down

8. I hate my dumb job but I don't know what to do

9. I have a terrible temper and I have lost

because of this.

10. My greatest strength(s) is _____ and I know this to be true.

11. I am depressed because

12. I need to express myself more

13. I lose track when I _____ because
I love to play
piano/guitar/write/_____

14. I make time to do what I love every week (hobby)

15. I accept myself as I am and for the person I am becoming

I wanted you to understand how you feel while answering each of these questions – what kind of emotions are you experiencing? Did you realize what are you good at? Are you planning to take your passion as your vocation? What are some of those professions can be?

List out your ideas:

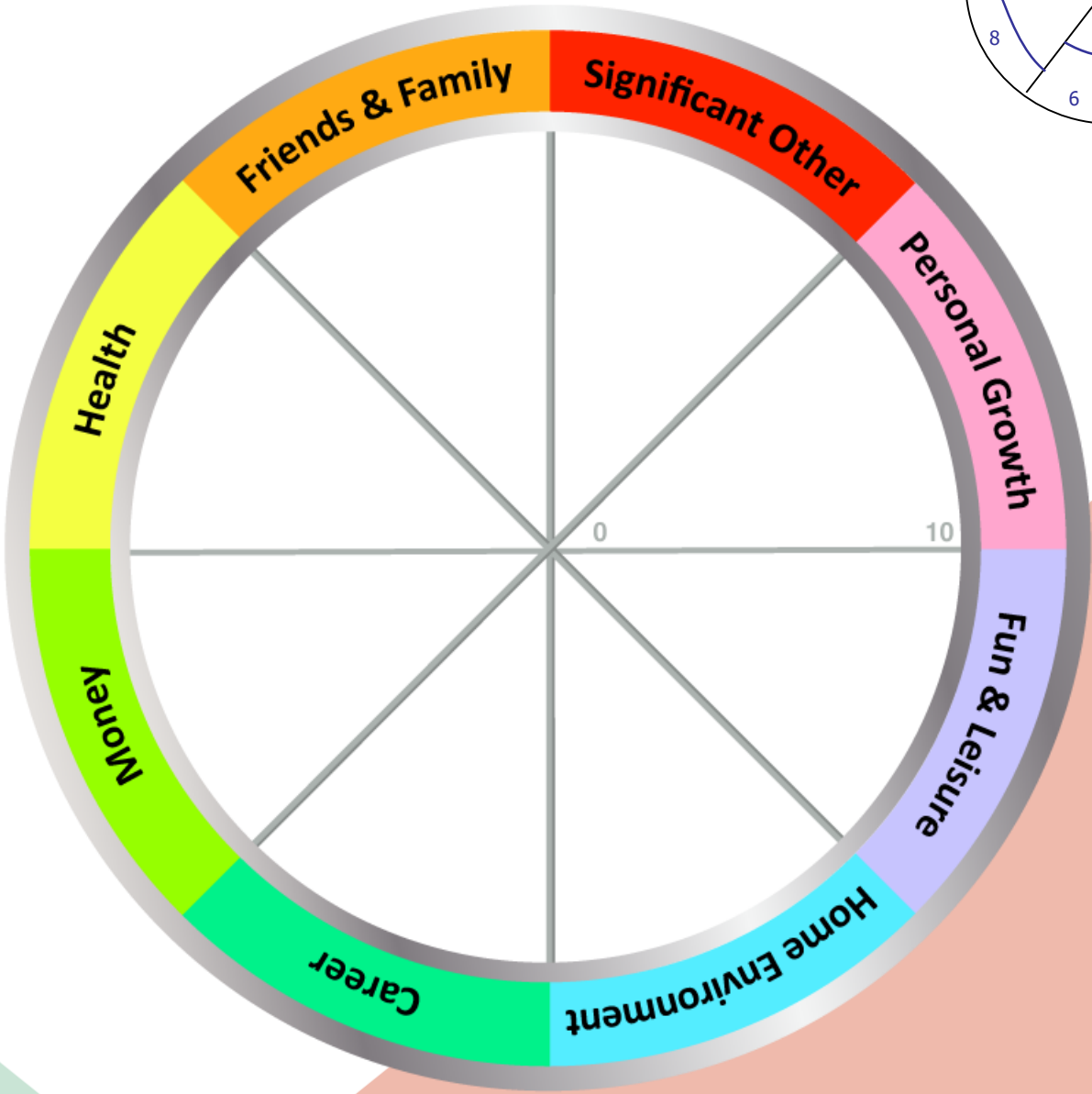
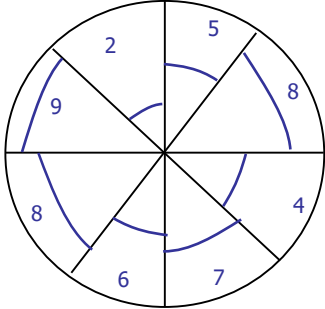
- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

The Wheel of Life

YOUR NAME: _____

TODAY'S DATE: _____

EXAMPLE



COMPLETE THE WHEEL:

- 1. Review the 8 Wheel Categories** - think briefly what a satisfying life might look like for you in each area.
- 2. Next, draw a line across each segment that represents your satisfaction score for each area.**

The Wheel of Life Exercise – Instructions for the Coach

Notes:

- Balance is personal and unique to each individual - what may be satisfying or balanced for some may be stressful or boring for others.
- This exercise raises a client's awareness and allows the client to plan a life that is more satisfying and closer to their definition of balance. It also helps clarify priorities for goal-setting.
- Balance must be assessed over time. A regular check-in (e.g. with this exercise) can highlight useful patterns and help your clients learn even more about themselves. You can do this with them, or recommend they do it for themselves.
- Another option is for your client to ask someone who knows them well to complete the scores for them (sometimes it's helpful to see an outside perception of your life 'balance'). Important: This must be someone they trust and whose opinion they value - and remember that others may have hidden agendas.

Detailed Instructions:

1. Ask your client to review the 8 categories on their Wheel of Life. The categories should together create a view of a balanced life for them. If necessary they can split category segments to add in something that is missing, or re-label an area to make it more meaningful for them. Examples of changes are:
 1. **Family and Friends:** Split "Family and Friends" into separate categories.
 2. **Significant Other:** Changing the category name to "Dating", "Relationship" or "Life Partner".
 3. **Career:** Changing the category name to "Motherhood", "Work", "Business" or "Volunteering".
 4. **Finances:** Changing the category name to "Money", "Financial Security" or "Financial Wellbeing".
 5. **Health:** The category name could be split or changed to "Emotional", "Physical", "Fitness", "Spiritual" or "Wellbeing".
 6. **Home Environment:** The category could split or change to "Work Environment" for career or business clients.
 7. **Fun & Leisure:** The category name could change to "Recreation"
 8. **Personal Growth:** The category name could change to "Learning", "Self-Development" or "Spiritual"
 9. Other categories to add could include "Security", "Service", "Leadership", "Achievement" or "Community".
2. Ask your client to think about what success or satisfaction would feel like for each area.
3. Now ask them to rank their level of satisfaction with each area of their life by drawing a line across each segment. Ask them to place a value between 1 (very dissatisfied) and 10 (fully satisfied) against each area to show how satisfied they are currently with each category in their life.
4. The new perimeter of the circle represents their Wheel of Life. You can ask your client, "Is it a bumpy ride?"
5. Now, looking at the wheel here are some great questions to ask your client to take the exercise deeper:
 1. Are there any surprises for you?
 2. How do you feel about your life as you look at your Wheel?

3. How do you *currently* spend time in these areas? How would you *like* to spend time in these areas?
 4. What would make that a score of 10?
 5. What would a score of 10 look like?
 6. Which of these categories would you *most* like to improve?
 7. How could you make space for these changes in your life?
 8. What help and support might you need from others to make changes and be more satisfied with your life?
 9. What change *should* you make first? And what change do you *want* to make first?
 10. If there was one key action you could take that would begin to bring everything into balance, what would it be?
6. Taking action - the final step. To wrap-up the exercise you can ask your client to identify one action for each area, and then pick 1-3 actions to get started. You could also ask them to choose the 3 areas they most want to work on and identify an action for each. TIP: If your client is extremely busy or stressed try asking, "What is the smallest step you could take to get started?"

Congrats! You've done it.

Begin your journey Now!

You have successfully recognized what to do next.

You have successfully unlocked a **Super Bonus!**

Book you A Free 1-on-1 call now!

[Click here](#)

Don't miss this golden opportunity!

Let's Connect Now



Rachna Mimani

