



The 10x Your True Self, Effortlessly Blueprint

*“The privilege of a lifetime
is to become who
you truly are.”
- Carl Jung*

When you let go of false masks and reconnect with your authentic self, you unlock unlimited love, joy and confidence. The facades and resistance so your true self can emerge effortlessly. You already are that which you seek - now is the time to fully embrace your wholeness. Wishing you deep self-discovery and joy as you courageously become who you were born to be.



Step 1: Admit Your Facades (even though your confident or think you don't have one)

"The privilege of a lifetime is to become who you truly are." - Carl Jung

"It takes so much effort to put up a façade and pretend to be someone we are not." - Ivanski

"Once we drop the façade, we access infinite love and confidence." – Ivanski

We often wear masks and play roles to gain approval, hiding parts of ourselves. This creates inner discord and blocks true confidence.

Once we drop the façade, we access infinite love and confidence. As spiritual teacher Eckhart Tolle says, "The moment you become aware of the ego in you, it is strictly speaking no longer the ego, but just an old, conditioned mind-pattern." Letting go of the ego's facade and masks allows our true self - which is already overflowing with love and confidence - to shine through effortlessly.

To let go of the facade, we first need radical honesty with ourselves to see where we are putting on an act to impress or protect. Admitting our facades takes courage, but creates freedom. As philosopher Jean-Paul Sartre said, "Freedom is what you do with what's been done to you." We can rewrite our stories by embracing all parts of ourselves.

Action Steps:

- Start a journaling practice to explore and recognize the masks you wear in different situations.
- Engage in honest conversations with trusted friends or a therapist to gain perspective on your hidden personas.
- Reflect on moments when you felt most genuine and explore the factors that contributed to that authenticity.

Brene Brown encourages honesty about our facades as the path to "living wholeheartedly."

Conclusion: Admitting your facades is the first step to living authentically. You can't fix what you don't acknowledge. Time for some honesty!



Step 2: Release Resistance (even though it feels like an uphill battle)

"Your time is limited, so don't waste it living someone else's life." - Steve Jobs

"Release resistance to the natural self and just be yourself 100%." - Ivanski

"To our natural selves. Our true selves are waiting to be birthed in every moment." – Ivanski

Let go of resisting your innate gifts and desires. Fighting your true nature creates stress. Surrender control and trust your deeper wisdom.

Release resistance against the full expression of your gifts and desires. Stop battling with your innate nature and allow it to flow unimpeded. Therapist Carl Rogers discovered that when people remove conditions of worth, they connect with their "real self" which he described as having "an underlying flow, a direction that is forward moving, that leads to increasing maturity, growth and productive change." Realigning with this life force brings effortless being.

Action Steps:

- Practice mindfulness techniques such as meditation and deep breathing to cultivate awareness of resistance within yourself.
- Spend lots of time alone and in nature.
- Identify the areas in your life where you feel the most resistance and explore the underlying fears or insecurities fueling them.
- Experiment with surrendering to the flow of life and observe the subtle shifts in your perspective and emotional well-being.

Liz Gilbert emphasizes following your innate curiosity. Dr. Nicole LePera guides releasing limiting beliefs for alignment. Kris Carr talks openly about trusting your inner wisdom.

Make a list of ways you suppress your true self. Challenge the assumptions driving them through journaling. Take small steps to express your buried talents and desires.

Conclusion: Stop fighting your true self. The real you has amazing gifts to offer the world.



Step 3: Know Yourself (even though it may reveal uncomfortable truths)

"Who looks outside, dreams; who looks inside, awakens." - Carl Jung

"I guess there is an element of one to know theyself, who they are." - Ivanski

"The more we know who we really are, the more unshakable we are." – Ivanski

Dig deep within to understand what makes you tick. Your motivations, values and quirks are gifts. Discover more of who you are.

The journey of self-discovery is an ongoing process that enables us to uncover our true motivations and strengths. Psychologist and author Brené Brown emphasizes the importance of embracing vulnerability as a pathway to self-awareness and personal growth.

To live authentically, you must know yourself deeply through practices like journaling, time in nature and meditation. Rediscover your core motivations, quirks and talents. Psychologist Evelyn Eaton Whitehead writes, "Self-knowledge is tied to inner silence; it grows out of moments of reflection." Take time to reflect on your essence and embrace all aspects of your identity.

Action Steps:

- Engage in introspective practices such as self-reflection and introspective writing to gain deeper insights into your unique traits and preferences.
- Seek feedback from trusted mentors or friends who can provide constructive insights into your blind spots and areas for growth.
- Embrace your quirks and talents wholeheartedly, recognizing that they contribute to your authentic self-expression.

Ryan Holiday focuses on the power of self-awareness. Florence Scovel Shinn says inner work reveals your purpose. Gary John Bishop urges radical self-inquiry for self-mastery.

Conclusion: Deepening your self-knowledge uncovers unique gifts to love and share. You can't be confident in a stranger - get reacquainted with YOU!



Step 4: Walk Your Own Path (even though it means stepping into the unknown)

"Don't ask yourself what the world needs. Ask yourself what makes you come alive and then go do that." - Howard Thurman

"No more walking on eggshells to impress, just at ease with who we are." - Ivanski

"Follow your inner wisdom, not others' expectations, to live a life that energizes your soul." – Ivanski

Seeking others' approval keeps us off our unique path that aligns with our soul gifts.

Forget tip-toeing for approval. Listen within and walk the path that's right for you. The opinions of others fade when you follow your heart.

Walking your own path requires courage and a deep connection to your inner guidance. Inspirational speaker and author Elizabeth Gilbert encourages individuals to cultivate a relationship with curiosity and explore the paths that ignite their passion and purpose.

You have a unique path laid out for you. Have the courage to walk it, rather than following others' expectations. Architect Christopher Alexander described unlocking your inner "personal pattern" which contains your purpose. He said, "Value comes from the fact that this person is a whole person. We must build a world in which this wholeness can belong." Your wholeness is revealed when you follow your own truth.

Action Steps:

- Identify the activities or pursuits that align with your authentic desires and values, regardless of societal norms or expectations.
- Embrace the uncertainty of the journey, recognizing that each step toward authenticity brings you closer to a life of fulfillment and joy.
- Surround yourself with a supportive community that respects and encourages your unique journey of self-discovery and personal growth.

Joseph Campbell advises following your bliss over convention. Oprah speaks of connecting with your inner voice. Elizabeth Gilbert encourages embracing curiosity over pre-planned paths.

Clarify what you're passionate about and your core values. Envision possibilities that align with your truth. Release over attachment to specifics. Boldly take daily steps towards your calling.

Conclusion: Your internal compass knows the way. Quiet the noise, listen within, and take bold steps down your path.



Step 5: Effortless Being (even though it requires consistent practice)

"You have to be at ease with who you are." - Maya Angelou

"It's effortless to surrender and be ourself. Takes more effort not to." - Ivanski

"Know that confidence is effortlessness. Once we step into this, we have infinite potential." – Ivanski

We get so caught up people-pleasing that we lose connection with our natural state.

Cultivating a state of effortless being involves reconnecting with our natural state of alignment. Psychologist Mihaly Csikszentmihalyi's work on the concept of flow highlights the importance of engaging in activities that bring a sense of effortless focus and fulfillment.

Action Steps:

- Incorporate mindfulness practices, such as yoga or meditation, into your daily routine to cultivate a deeper sense of self-awareness and inner peace.
- Spend time in nature to foster a sense of connection with the natural world and to ground yourself in the present moment.
- Explore creative pursuits or hobbies that allow you to experience a state of flow and effortless immersion, fostering a sense of joy and purpose.

To access effortless being, develop mindfulness through meditation, time in nature and present moment awareness. Eckhart Tolle teaches that in the natural state, "I am that I am" which is presence without egoic identification. Return to your essence by anchoring in the here and now, rather than getting lost in stories.

Gabrielle Bernstein guides gently releasing judgment of self and others so we can live more effortlessly.

Schedule regular unstructured time to just be rather than do. Witness thoughts and judgments without identifying with them. Realign with your natural state of peace.

Conclusion: In your natural state of being, you rediscover the ease, alignment, and peace of self-acceptance.



Step 6: Access Unlimited Joy (even if it feels challenging)

"Happiness is not by chance, but by choice." - Jim Rohn

"When we surrender to the love inside us, we access such an unlimited amount of confidence, joy and bliss." - Ivanski

"What lights you up? Do more of that and live life in states of flow, joy, and bliss." – Ivanski

Freedom from falseness unlocks tremendous energy previously used for façades. Joy naturally flows when you express your true colors.

Prioritizing activities that bring you joy and fulfillment is essential for cultivating a life of authentic self-expression. Positive psychologist Martin Seligman's research on the science of happiness emphasizes the importance of pursuing activities that align with your strengths and values.

Do more activities that light you up and bring you joy, without worrying about others' opinions. Abraham Maslow called this the "growth tendency" where people seek meaningful self-actualization. Follow your own definitions of success and fulfillment. Soon your joy will overflow to uplift others too.

Action Steps:

- What activities, hobbies or interest light you up like a Christmas tree? Do more of that.
- Create a list of activities that ignite your passion and bring you genuine happiness, regardless of external judgments or societal expectations.
- Allocate regular time in your schedule for engaging in these activities, prioritizing self-care and personal fulfillment.
- Reflect on the moments of joy and fulfillment you experience and use them as guiding beacons for making conscious choices aligned with your authentic self.

Marie Forleo urges you to make decisions from love not fear. Danielle LaPorte speaks of radical self-acceptance using the Desire Map. Martha Beck guides tapping into your natural motivators.

Identify what genuinely lights you up then make time for those soul-nourishing activities. Release daily "shoulds" that disconnect you from joy. Express your true self without shame.

Conclusion: Your unique gifts unlock unlimited joy. It's time to play and flourish as YOU.



Step 7: Unashamed Vulnerability (even though it requires courage and resilience)

"Owning our story can be hard but not nearly as difficult as spending our lives running from it."
- Brene Brown

"No more need to take drugs at parties, just be YOU, unashamedly, vulnerably, lovingly, powerfully, fully you." - Ivanski

"The world is hungry for vulnerability, and this is needed to crack open into our heart and the truth of who we are." – Ivanski

Let all your walls crumble. Meet the world openly and courageously as you are, not who you think you should be. It's liberating. Hiding and resisting our true selves leads to separation, loneliness.

Embracing vulnerability and sharing your authentic journey with others can inspire profound connections and foster a sense of collective empathy. Research professor and author Brené Brown's work on vulnerability underscores its transformative power in fostering genuine human connections and cultivating a sense of belonging.

Have the courage to share your journey authentically, even the messy middle part where you questioned everything. Brené Brown says this "excruciating vulnerability" is the birthplace of love and belonging. When you reveal your truthful process of self-discovery, it creates space for others.

Action Steps:

- Cultivate a safe and supportive environment where you can share your authentic experiences and emotions without fear of judgment or rejection.
- Practice active listening and empathy when engaging with others, creating a space for open and honest communication.
- Recognize that vulnerability is a strength that fosters deep connections and nurtures a sense of authenticity and belonging.

Glennon Doyle models bold truth-telling about all life's messy moments. Luvie Ajayi Jones inspires authenticity through humor and honesty. Susan David teaches the important role of "emotional agility."

Have courage to share openly about your journey towards self-love. Be honest about your quirks, flaws and truths. Your story will give others permission to do the same.

Conclusion: Your honest truth touches people profoundly. It reminds us of our shared humanity.

10x Your True Self, Effortlessly

Ivanski



In conclusion, the journey toward embracing your authentic self may present challenges and discomfort, but it ultimately leads to a life of profound fulfillment and inner peace. Like psychologist Carl Jung, who emphasized the significance of integrating the shadow self, embracing all aspects of your identity can lead to a more integrated and wholehearted existence. Remember that the path to self-discovery is a continuous process of growth and self-acceptance, and each step taken toward authenticity brings you closer to a life of purpose and joy.

Wishing you courage and resilience on your journey of self-discovery and personal growth.

Warm regards,

Ivanski

[Get Access To The Video Course For This PDF Workbook](#)

[“10x Your True Self, Effortlessly” Here >](#)