

# Got Inner Fitness?

*Up until now, that old  
challenge has  
kicked  
your  
butt!*

*But from  
this point forward...*

**Not so much!!**

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*[www.WakingUpFabulous.com](http://www.WakingUpFabulous.com)*

# THE INNER FITNESS DISCOVERY/SELF MASTERY SHEETS

Definition of Inner Fitness: *the important knowledge, skills and practices that support mental, emotional and spiritual wellbeing.*

Inner Fitness Slogan: *Physical fitness creates a great body; inner fitness creates a great life.*



DATE:

TITLE OF TODAY'S TRAINING:

There are 3 aspects or versions to me as a human being they are \_\_\_\_\_,  
\_\_\_\_\_ and \_\_\_\_\_.

What is the mindset of the small self?

How does the small self see itself?

Name three ways of thinking or reacting that belong to the small self.

1.

2.

3.

What is the mindset of the capital "S" Self?

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How does the capital “S” Self see itself?

Name three ways of thinking or reacting that belong to the capital “S” Self.

- 1.
- 2.
- 3.

What is the mindset of the all caps SELF?

How does the all caps SELF see itself?

Name three ways of thinking or reacting that belong to the all caps SELF.

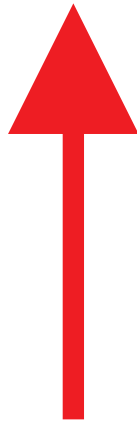
- 1.
- 2.
- 3.

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SELF



Self



self