



GLOBAL SUCCESS  
INSTITUTE

# ULTIMATE YOU

HOW TO STOP LIVING LIFE FAST & START LIVING  
LIFE DEEP IN A WAY THAT FILLS YOU WITH LOVE,  
JOY, PASSION, COMPASSION & SELF-TRUST

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## WORKBOOK

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WHEN YOU KNOW YOU

CAN'T IGNORE THE

**WHISPER INSIDE**

THAT SAYS ... *it's*

*your*

*time...*

# TEN TRAITS OF I-AMNESS

Our feeling of wellbeing, our willingness to embrace life, our hunger for living fully and with joy, our capacity to love and give, our access to deep compassion for ourselves and for others, depends on accessing the traits of our I-Amness effortlessly.

Navigating your way back to your natural I-Amness traits is reclaiming you.  
It's restoring you.

**For many of us, our I-Amness... being truthfully, and fully ourselves... is not even a memory.**

It doesn't mean our I-Amness is gone. It means it went into hiding... to protect us, when we were little, from the Magical Big People not accepting us for who we are.

## ***Ten Traits of I-Amness:***

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# THE FOUR DENIED SELF TRAITS

Our natural way, as children, was to believe everything was about us, that the world operates in absolute terms, that the world is magical, that our thinking causes magical things to happen, and that the adults in our life were magical... our 'Magical Big People'.

In children, this is normal, and developmentally appropriate.

This, we want to *grow out of*, as we mature. And few people do.

**If, as adults, we feel, think, perceive and express ourselves in absolute terms, non-logically, egocentrically, and magically, then we're living as what I call our *Denied Self*.**

The following are our Denied Self traits. These are the traits we are supposed to have as children, and are natural to us then. And we're supposed to shed them as we mature and move to adulthood.

***There are four Denied Self (False Self) traits:***

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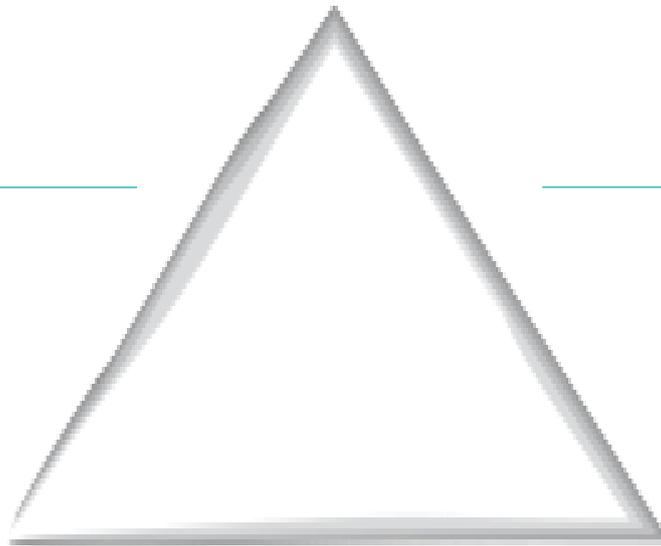
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# YOUR I-AMNESS TRIAD

These three elements, when present, relieve us of anything to prove. We're not living worried about 'being found out', or fearful of abandonment. We are our own source of inspiration, guidance and reassurance.

***There are three elements present when our I-Amness is restored.***

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## ULTIMATE YOU

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