

Know Yourself to Greatness Worksheet

After interviewing 49 guests from from 8 countries across 4 continents around the world to find out how they have learned to get out of their own damn way, I spent countless hours pouring over 25+ hours of audio interviews and 100+ pages of notes to find the best nuggets of wisdom from these worldwide experts. I came up with a 4 step model for getting out of your own damn way based on these interviews and my work with clients and students over the years.

Hi, I'm Krylyn Peters. known as "The Fear Whisperer," and my mission is to help female entrepreneurs and want-repreneurs tame their fear, embrace their greatness, and get out of their own damn way so they can create their mission-filled, heart-centered, soul-inspired business.

If you are looking for the support and inspiration along your entrepreneurial journey, this is it.



Curl up, buttercup, cause we're about to uncover the **Step 1 of 4 to Get Out of Your Own Damn Way and Embrace Your Friggin' Greatness Already.**

Step 1: Know Yourself

The first step is to Know Yourself. I know this sounds pretty DUH, but think about it for a minute.

How many of you out there are starting a heart-centered, soul-inspired business that is born out of your true calling and you're still trying to figure out who you are?

I know that knowing who we are is a life-long process. But I also know that in order to do the work we are called to do, that is often born out of our own pain, trauma, or tragedy, we have GOT to be really in touch with who we are. At least who we are right now, up to this point in our lives.

I cannot tell you how many times I've seen people trying to figure out what kind of business to start, or come up with marketing copy, branding, coaching programs, and so much more without truly knowing who they are. I've fallen into that trap too, and it's not pretty. Let me give you an idea of what it's looked like for me and some of my podcast guests and see if you can relate:

Not knowing yourself can look like:

- Lack of confidence – even in things you're pretty damn good at
- Not really knowing what you're good at, what you're a true expert in
- Throwing some words together on your website that talk about everything you CAN do, but not really giving people an idea of what you LOVE to do or more importantly what you can do for them
- Taking clients out of desperation who are not really a good fit
- Not learning from things that didn't work and looking at failures as a flaw in YOU rather than a flaw in your process or systems
- Looking outside yourself for the answers

So in order to get to know yourself better, you need to do some things. First, let me remind you what happens when you are trying to get to know someone else, such as a dating partner or a new colleague. You might ask questions, spend time together, share experiences or projects. You don't just walk in already knowing who they are...even if you read a profile or did some google searches. Getting to know people takes time and effort. So why do we think that knowing ourselves is any different?

Sure we spend time with ourselves every minute of every day, but are we just going through the motions? Or are we really trying to figure out what makes us tick. If we would spend as much time trying to figure out what makes us tick rather than someone else who ticked us off, imagine where we would be.

Start to notice what's going on inside you.

Yes, I know that may sound strange. We're constantly in motion and life is happening at warp speed. But I suspect that most of the time we are just on auto-pilot, not really taking it all in, tasting that food, smelling those smells, feeling those feelings. And if we're not taking it all in, we are missing out on a lot of information, not the least of which is who we are in relation to the world around us.

So notice how you FEEL when someone looks at you a certain way. Notice how your body RESPONDS when it is thirsty or hungry or tired or stressed to the max. Notice what you THINK when a project doesn't turn out the way you expect or want it to.

Guests on my podcast time and time again talk about the importance of self awareness and tuning in.

Another really great tip I heard several of my guests talk about with relation to knowing yourself better is:

Look at where you've been.

We have all been through something or many somethings in our lifetime, and will likely go through many more somethings. But so many people seem to want to push aside the uncomfortableness of things not working out the way we expected, or the pain we experience with loss or tragedy, or a past filled with things we'd rather forget. I'm here to tell you that AVOIDING the truth is one of the best ways to get IN your own damn way and stay there. There is no way to avoid, go around, or circumvent reality. There is only finding a way through it, so we can finally release its hold on us.

Guests on my podcast have shared how crucial it was for them to review where they were in order to move past it and get to the other side.

When we stop and reflect on where we've been and become more aware of what's going on inside of us, we can learn to know ourselves so much more fully.

Step 1 in Action...

Answer the following questions:

What does NOT knowing yourself look like for you?

What is NOT knowing yourself protecting you from?

What would really knowing yourself open up for you?

What THOUGHTS, BODY SENSATIONS, and FEELINGS surface
WHEN:

You catch yourself questioning who you are:

You catch yourself imaging what is possible:

What uncomfortable things, people, situations, conversations,
etc. are you AVOIDING right now?

What would be possible if you stopped avoiding and started dealing with the uncomfortable stuff?

Come on over to the [Get Out of Your Own Damn Way Community on Facebook](#) to share who you are with the group.

In Worksheet 2 (of 4), we'll explore **Step 2 to Get Out of Your Own Damn Way and Embrace Your Friggin' Greatness Already.**



If you're ready for some support to get out of your own damn way and embrace your greatness, sign up on the WAIT LIST for my new program, **Embrace Your Greatness Bootcamp**. We'll take everything I'm sharing about each of the 4 Steps to Get Out of Your Own Damn Way...and put it all on steroids! Guests on the waiting list will get dibs on registering AND a special bonus upon registering not available to anyone else. **Grab your wait list spot at krylyn.com/bootcamp.**