



Dear Selfistry Insider,

Welcome to the tribe!

Selfistry is built on the foundation that a happy self is the best gift you can offer to yourself you loved ones, your work, and the world. Congratulations, you are ready to take this journey for YOU and for them. Selfistry believes that happiness is an inside job. Your inner peace and clarity are the cornerstones of your happiest life, because when they are genuine, they sustain regardless of external circumstances.

Are you tired of changing the external stuff with no lasting results? Are you tired of trying internal stuff that doesn't last?

Well, here's our secret: the key to your sustainable happy life is in the Witness. Yep. One of the 3 pillars of Selfistry, the inner Witness is the secret sauce to your peace of mind.

Let's begin.

Get a journal or pull up a blank page on your computer and answer the following questions/prompts to activate your inner Witness.

I believe that in order to be truly happy I need...

I believe that God is...

I believe that spending time alone is...

I feel terrified that my life will end up...

I feel excited when I think about a life where I'm...

I feel _____ about the state of the world...

My favorite full bodied activity is...

I spend most of my time doing...

What I love most about my body is...

Once you have completed these prompts, feel free to go back and visit them again or harvest a line or two from each one and continue to explore.

The first step in Selfistry is to become more fully and honestly aware of your self: know and own what **you** believe, what **you** feel and what **you** do. Becoming self aware is a muscle that must be developed. We may think we are self aware, but when we begin to investigate, we realize that there is a huge difference between being conscious of what we are doing in any given moment and being self aware. As you begin to strengthen your Witness you can skillfully assess how to relieve your underlying anxiety and bring forward more of the you that you truly are.

It's a journey.

There's no rush.

And there's no time to waste.

Welcome.