



DARE TO BE YOU
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We are all born with an inherent knowing for who we are, but through social conditioning and conformity, we disconnect from our inherent nature, and adopt external masks of identity as a means of fitting in, and being accepted by others. It takes courage, curiosity and determination to face your inner truth and to rediscover who you really are. You must however be willing to journey to the depths of your soul to regain this truth. Uncovering your authentic nature arises from reflecting on your daily choices through an empowered lens, so that you make future choices from a space of awareness and heart infused intention. It is the accumulation of your daily choices that leads to the unfoldment of your life. If you wish to make sense of your life path, and determine what you are here to express and experience through the medium of your life, I invite you brave-hearts to join my 40-day self-discovery challenge. In this 40-day personalized program, I offer you practical tools and guidance on how you can proactively shape your reality based on your heart's desires, and how to create new empowered narratives for your life. This program is designed to help you rediscover yourself in deeper ways, so that you can powerfully and authentically rule over your magnificent life, and unapologetically and lovingly express your true expression in all areas of your life!

Samieh Farrah

Creator of Life Assessment Tool & 40 Day Self Discovery Challenge

THE LIFE ASSESSMENT TOOL

- ∇ Due to the reflection time required, dedicate 1 day to each life domain if you can. This will allow sufficient self-reflection time for you to fully solidify and integrate the insights you gain from this process.
- ∇ You may find at least one of your life domain very challenging. This is because we carry trauma in one or many life domains. There are differing degrees to trauma. Basic trauma occurs where we didn't have our needs met or honoured in childhood, it can be as simple as crying alone in our crib feeling neglected by our caregivers. You will have severe trauma stored in your system if you were emotionally or physically violated and abused in life. It's important that you undertake this assessment in a safe space where you can really allow yourself to feel in to the depths of the emotions that surface for you. You can't heal what you don't feel, so give yourself permission to feel in to each category.
- ∇ Trauma memory can be painful to re-live in your mind. It is important that you create yourself a safe space mentally, and as you mentally relive the trauma, you begin to reframe the experience from a higher witness perspective. Before you undertake these exercises, in your mind's eye, imagine or sense what your witness perspective feels and looks like. Revert to this safe space for when you are examining painful or traumatic experiences from your past. The witness perspective allows you to see highest insight that will enable you to reframe the memory.
- ∇ Trauma is stored in our cellular memory. At the point of experiencing a traumatic event, our cells and neurons freeze, and our energetic body takes a snapshot of the shocking event. This snapshot gets stored in our cells, and plays out in life through our energetic body which impacts our physical body. It is important that we connect with the physical body during reliving old painful memories, to sense and see where we are feeling discomfort. When we feel the discomfort physically, it hurls a time to reframe the memory, from the witness perspective, we can begin to reframe the memory in ways that ease the situation. We may not be able to change the past, but through memory reframing we can change how our cells continue to store these memories. When we have reframed a painful memory, we can begin to run a colour of choice through the reframed memory, and through our physical body, this promotes healing and ease of any discomfort that may have presented itself.

- ∇ Contemplate and rate each life domain listed in the assessment tool. Give each category within all life domain a rating from one to ten. one being exceptionally poor, and ten being magnificent. You want to focus on every life domain and every category, as a discord from one area will eventually spill over and taint other life domains.
- ∇ Explain your rating under the “why” section, and rationalise the reason behind the rating you have awarded each category. Explain why the life domain may be, or not, working well for you. What influences have been hindering you? Or why is a particular life domain and its subsequent categories working well for you.
- ∇ Next, give your “why” an inherent archetypal voice. The archetypal voices are universal and we carry the blue print for them ALL. The voice can vary for each life domain or category, because the inherent blue print and belief structure is different for each element of your life. Avoid the temptation to mentally rationalise this process, select your first impression, and be true to how you really feel and the energy behind your choices. It is very tempting to deceive ourselves from the truth, because the admission of the truth is too uncomfortable, but if you don’t cultivate the courage to tell the truth to yourself, you will not be able to initiate the solution to the problem you may be facing. It is within this truth that we are able to really free ourselves from the mental projections and illusions, and breakaway from suffering and pain.
- ∇ Five primary inherent archetypal voices govern our life domains. The description of these five voices are outlined in the table on page 3. We all navigate life through all these archetypal voices, and it’s important that we recognise the journey so that we know why we create what we create in our life domain. Each energy archetype carries positive and negative charge, and in fact describes the journey of life, for we journey in to each and every archetypal energy reflected on page 3.
- ∇ Under **familial patterns and conditions**, discuss what principles you learnt from your family about each life domain? What behaviours were exhibited to you from your mum, dad or primary caregivers? What was considered the norm in your household growing up? what beliefs and teachings were imparted to you about each of the life domain you are now assessing?
- ∇ What emotions, feelings and patterns arise for you as you reflect on this category. Surrender and release the old programmes and stay receptive to receiving new insights and lessons. There are no mistakes in life, only lessons.

- ∇ Create a **new desire, vision and promise** with yourself. What new choices (or actions) will you make that opposes your limiting conditioning and beliefs? What do you desire most to create in the life domain under consideration? and how are you going to keep yourself accountable to make your vision a reality?
- ∇ After 40 days of completing the twice a day reflective ritual, review each life domain again, and honestly rate yourself based on your progress to date. Repeat the process on any life domain that is lagging a desired rate, and honestly look at the “why” section. What excuses do you keep making that is holding you back from manifesting your true desire and vision? are you willing to drop your wall of resistance?
- ∇ The lies you tell yourself will continue to hold you stuck in this space, so be honest with yourself in the rating and reflection process. The first step to liberation is learning to become honest with yourself in what is working in your life, and what isn't.
- ∇ All life domains are based on you taking inspired actions, this includes romance, sex and partner. If you are single, you can self-pleasure and romance yourself. Do not skip any of the life domains below, for every single one is prominent for your-self-discovery journey.

▽ Above all, enjoy the self-discovery process, and let the fun begin.

| Voices of our inherent archetypes | Descriptor |
|-----------------------------------|---|
| Victim | It's someone else's fault. The situation is what it is because of outside influences that you can't control. It's a curse or misfortune. You feel scared and intimidated by an external superior and dominant force. People love dumping their problems on you and you feel obliged to solve their problems, or you feel used and drained by other people. You are seeking sympathy from others and you generally feel sorry and pity for yourself. You are vulnerable due to some type of affliction. You generally feel disempowered by a greater force. Key words: ignorance, hopelessness, powerlessness, lack of insight, childish behaviour, victimisation, the unknown, uncertainty, grief, bereavement, laziness, substance misuse, addiction, fear of loneliness, resentment, neglect, abandonment and betrayal. |
| Resistor | You feel stuck, overwhelmed, anxious and unable to make decisions or transcend a situation, pattern or person. You are confused, conflicted and unable to move forward and you don't know why, you just feel stuck, demotivated, unproductive and are generally procrastinating in an area of life. Key words: Resistance, frustration, protestor, confusion, conflicted, bewildered, shame, procrastinator, rigidity, laziness, fear of mistakes. |
| Bitch | You have to be tough, resilient, armoured, defensive, controlling, bold and aggressive to get your needs met and survive. It's your way or the high way. You have high expectations from others and they always tend to disappoint you. You have to fiercely destroy or be destructive to pull away old constructs and get your own way. You are highly critical and judgemental of yourself and others. Key Words: anger, rage, power, fighting, conflict, war, dispute, revenge, resentment, tyranny, bitchiness, autocratic, tunnel vision, manipulation, judgemental, critical, fear of defeat. |
| Shero | You have the tendency and need to save or rescue people or situations. You always need to be in charge of saving the situation or helping others. You have to rescue everyone and everything because you want to feel loved and please other people. Your main intention is to please others or seek approval from others in your endeavours. You often feel drained and resentful for having to save others all the time. Your reputation and credibility mean a lot to you, and you step beyond the call of duty to maintain your image and reputation. You have superficial or superior expectations of yourself and exhaust yourself by putting everyone else's needs above your own. Key words: shame, resentment, guilt, overwhelm, burdened, low-self-esteem, low self-worth, disharmony, exhaustion, martyrdom, feeling inadequate, addiction to over working and over pleasing, self-critical, wounded healer, fear of failing. |
| Empress | You love what you do, the situation, and everyone in it because it makes you feel well and it fulfils and expands you. You offer your best to everyone and in turn receive the best from others. Your intention is based on giving from the space of love, and you fill yourself up always. You ensure that the highest needs of all is considered, and you meet your own needs first and prioritise the intention of love above all. You weave the tapestry of love in to everything you do and face, and the situation reflects this back to you in harmonious experiences. Key words: love, harmony, peace, insight, awareness, joy, happiness, calm, expansion. |

LIFE ASSESSMENT TOOL

| Relationship Domain | Rating 1-10 | Based on your rating how does this category make you feel? | Assign an archetypal voice to your why | Identify the Familial Patterns and Conditions | What do you need to surrender, reframe, accept, say or do? | What's your key learning or insight for this category? | What new actions can you take to improve this category? | Rating after 40 days |
|------------------------------|--------------------|---|---|--|---|---|--|-----------------------------|
| Sibling(s) | | | | | | | | |
| Mother | | | | | | | | |
| Father | | | | | | | | |
| Children | | | | | | | | |
| Partner/Husband | | | | | | | | |
| Friendships (general) | | | | | | | | |
| Colleagues | | | | | | | | |
| Boss | | | | | | | | |
| Community | | | | | | | | |
| Total Score | | | | | | | | |
| Awarded Score | | | | | | | | |

| Pleasure Domain | Rating 1-10 | Based on your rating how does this category make you feel? | Assign an archetypal voice to your why | Identify the Familial Patterns and Conditions | What do you need to surrender, reframe, accept, say or do? | What's your key learning or insight for this category? | What new actions can you take to improve this category? | Rating after 40 days |
|-----------------------------|------------------------|---|---|--|---|---|--|-------------------------------------|
| Sex/self-pleasure | | | | | | | | |
| Romance/self-romance | | | | | | | | |
| Creative Outlet | | | | | | | | |
| Playfulness | | | | | | | | |
| Total Score | | | | | | | | |
| Awarded Score | | | | | | | | |

| Career Domain | Rating 1-10 | Based on your rating how does this category make you feel? | Assign an archetypal voice to your why | Identify the Familial Patterns and Conditions | What do you need to surrender, reframe, accept, say or do? | What's your key learning or insight for this category? | What new actions can you take to improve this category? | Rating after 40 days |
|-------------------------------------|------------------------|---|---|--|---|---|--|-------------------------------------|
| Money | | | | | | | | |
| Job | | | | | | | | |
| Influence | | | | | | | | |
| Credibility | | | | | | | | |
| Professional development | | | | | | | | |
| Comfort zone | | | | | | | | |
| Total Score | | | | | | | | |
| Awarded Score | | | | | | | | |

| Money Domain | Rating 1-10 | Based on your rating how does this category make you feel? | Assign an archetypal voice to your why | Identify the Familial Patterns and Conditions | What do you need to surrender, reframe, accept, say or do? | What's your key learning or insight for this category? | What new actions can you take to improve this category? | Rating after 40 days |
|------------------------------------|------------------------|---|---|--|---|---|--|-------------------------------------|
| Money | | | | | | | | |
| Investments | | | | | | | | |
| Savings | | | | | | | | |
| Side hustle | | | | | | | | |
| Pension/retirement fund | | | | | | | | |
| Financial freedom | | | | | | | | |
| Total Score | | | | | | | | |
| Awarded Score | | | | | | | | |

| Health Domain | Rating 1-10 | Based on your rating how does this category make you feel? | Assign an archetypal voice to your why | Identify the Familial Patterns and Conditions | What do you need to surrender, reframe, accept, say or do? | What's your key learning or insight for this category? | What new actions can you take to improve this category? | Rating after 40 days |
|-----------------------------|------------------------|---|---|--|---|---|--|-------------------------------------|
| Health& wellness | | | | | | | | |
| Diet | | | | | | | | |
| Sleep | | | | | | | | |
| Down-time | | | | | | | | |
| Energy | | | | | | | | |
| Mood | | | | | | | | |
| Exercise | | | | | | | | |
| Mental wellness | | | | | | | | |
| Weight | | | | | | | | |
| Total Score | | | | | | | | |
| Awarded Score | | | | | | | | |

| Personal Domain | Rating 1-10 | Based on your rating how does this category make you feel? | Assign an archetypal voice to your why | Identify the Familial Patterns and Conditions | What do you need to surrender, reframe, accept, say or do? | What's your key learning or insight for this category? | What new actions can you take to improve this category? | Rating after 40 days |
|----------------------------------|------------------------|---|---|--|---|---|--|-------------------------------------|
| Self-care | | | | | | | | |
| Self-reflection | | | | | | | | |
| Boundaries | | | | | | | | |
| Time allocation/usage | | | | | | | | |
| Spiritual practice | | | | | | | | |
| Personal development | | | | | | | | |
| Body and self- image | | | | | | | | |
| Total Score | | | | | | | | |
| Awarded Score | | | | | | | | |

40 DAY SELF DISCOVERY CHALLENGE

MORNING RITUAL

The Dream Template

Do this exercise first thing when you wake up. List the key themes from your dream the night before, and write down what each theme symbolises for you. As you explore your dream, describe how you felt in the dream, and bring your awareness to the feelings generated in your body.

- 1. List the main dream themes and symbols: (example: snake, dragon, ceremony, dinner)**
- 2. What personal meaning does the symbol represent for you?**
- 3. How did you feel in the dream? (fearful, anxious, happy, peaceful, connected, love)**
- 4. What area of your life do you think the dream symbolises for you? (Connect the dots through intuitive insight contemplation. You can meditate on this question, and hold the space for receiving the insight)**

Your Soul's Blueprint

What are your natural gifts and talents? (list minimum 3 inherent gifts and talents that come natural to you).

How are you going to use your talents in your day today?

Self-acceptance leads to self-love

What three aspects of your being (body, mind or life) are you grateful for in this moment?

You're interconnected

How are you going to deepen at least 1 relationship today, and enrich your connection and intimacy with a loved one, friend, colleague, or your community members?

Intention sets the tone

My main intention for today is:

EVENING RITUAL

The Mirror effect: As within, so without

Aim to make this a contemplative process and use your breath to access higher realms of insight and awareness

1. Which particular area of your life feels challenging for you right now?
2. What do you feel about the persons or the situation that is triggering an emotional response in you?
3. List all the feelings and emotions* that surface for YOU regarding a particular challenge, person, pattern or generally in this moment:
4. Why do you feel this way?
5. Which life domain does this fall under? (refer to your rating and why voice)

DOES THE TRIGGER RELATE TO A PERSON (if yes go to Q6, if no go to Q9)

6. How is this situation or person reflecting your own patterns of behaviour back to you? find actual examples where you behave or act in the same manner to another person or in a situation – this can be in any other life domain, it doesn't have to correlate with the same life domain that you are struggling with. contemplate on this for as long as you need, because there will be natural resistance to this identification process.

7. Begin to reverse the judgements or opinion you hold about the perpetrator(s) involved in this situation back towards yourself:

8. Can you clearly see and accept the projected negative judgements in yourself? (if no, start the process again, if yes, go to Q9)

IF THE TRIGGER RELATES TO YOUR BEHAVIOUR OR PATTERN

9. Do you identify any familial or ancestral or cultural patterns with this issue?

10. What did (or didn't) your family exhibit to you regarding this life domain?

11. Are you living life from their teachings and belief system?

12. Are you willing to release this pattern and create new behaviours or patterns of conduct that is serving to your highest need? List what new actions or patterns of thought you opt to adopt:

First acknowledge the pattern, feeling or belief, and then surrender the pattern and discorded emotions to the divine on all levels of your consciousness, and offer forgiveness and healing to yourself, others and your ancestry. Demand a new perspective to be birthed. Bear witness to the shift and decide what new choices you are going to make from now on.

What new actionable deal will you make with yourself to do things differently from now on? Write down the new deal and follow up on it. Keep yourself accountable. You cannot break a pattern unless you make new choice that counteracts the familial patterns.

**The surface emotions are a symptom of a deeper emotional block, dig deeper in to your emotional body until you find the root emotion that you actually feel. It is the vibratory field of the root emotion that creates your experiences and anchors new beliefs. You have to move through the surface emotions to locate the root emotions you actually feel. Most people are dissociated from their emotions, so creating a connection takes conscious and consistent effort.*

List of surface emotions:

sadness, sorrow, misery, pain, peace, joy, happiness, euphoria, confidence, motivation, contentment, pride, valued, anxious, resistance, insecurity, overwhelmed, tension, bored, trapped, lost, confused, nervous, shocked, annoyed, uncomfortable, frustrated, unsafe, worried, suspicion, inadequate, afraid, depressed, disgusted, pessimistic, discouraged, helpless, unlovable, envious, embarrassed, despondent, apathetic, stupid, bitter, foolish, violated, forgotten, powerful, valued, excited.

List of root emotional discord includes:

Shame, guilt, disempowered, powerlessness, hopelessness, grief, worthlessness, fear, hatred, resentment, loneliness and love, peace.

Womb Wisdom

Where are you in your monthly cycle as of today? And how are you honouring yourself and your needs during this cycle?

I am in week

& I have honoured myself by:

.....
.....
.....

Track:

- ▽ **week 1** – (from 1st day of your Period) time to offer prayer and blessing to the earth. Make your bleed an act of offering to the earth. Give blessing and prayer to others
- ▽ **week 2** – time to give of yourself or your gift to others in your tribe. Initiate new projects, or finalise your existing ones. Put yourself out in the world this week and dare to be seen.
- ▽ **week3** – time to transmute pain in to power. Amplify self-care. Potent time for healing of the self. Set deep intention for your hearts desires and reabsorb the life force energy contained in the ovulating egg pending release (or intend to fertilise the egg for conception if you desire a baby)
- ▽ **week4** – time to be receptive and open to receiving support from others. Surrender fears and struggles. Transform your surfacing pains in to insight. Potent time for healing and restoration, and amplify self-care.

Kindness is infectious

How did you compassionately give to others today?

Unhook from drama

What aspects do you need to forgive about yourself today?

Thoughts, deeds and actions

Who can you lovingly forgive and release from your mind today, whether from your present or past?

Sacred pleasure

How did you pleasure and play today? Or what creative activities did you explore that nourished your body and soul?

Expansion

What did you do today that scared you? How did you step outside your comfort zone today?

Connect with your wild spirit

What is the overall vision for your year ahead?

My vision is:

What do you need to focus on creating, doing or being in the coming week that propels you closer towards realising your vision?

My key actions and timeline for this week includes:

| Actions | Target Date |
|---------|-------------|
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