

# **The Quest For Authentic Self - Building Conscious Self Awareness**



## ***A Coach's Guide To Your Recovery & Healing***

**By Life Coach, BPD/Mental  
Health Coach and Author**

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## **About The Author**



A.J. Mahari, a person who herself recovered from Borderline Personality Disorder and childhood sexual abuse in 1995, is an author, Life Coach, BPD/Mental Health Coach. She is also a self help guru. She has written [20+ Ebooks and 30+ Audio Programs](#) with more to come.

A.J. writes from her vast personal life experience with challenges and a history of overcoming those challenges. She has a tremendous amount of experience with healing and recovery. She has found a balanced wellness and lives life in the big picture of paradox. She live in Ontario, Canada, and also hosts an online Blogtalkradio show called [The Psyche Whisperer Radio Show](#). She has videos available on her [YouTube Channel](#). A [BPD Inside Out Podcast](#) and a [Life Coach Whisperer Podcast](#) both of which can be subscribed to on [iTunes](#).

A.J. also writes and narrates her audio programs from the perspective of someone with a 10 year's experience working with thousands of clients in her capacity as a [Life Coach/BPD and Mental Health Coach](#).

## **The Power of Failure**



What do you think when you hear the word failure? You probably are thinking that you're not good enough and that you should give up.

Failure is nothing to feel ashamed of or feel shame about. Failure does not make you a bad person. If you aren't sure who you are, or if you thought you knew who you were but due to life events, circumstances, an abusive, and/or painful relationship, right now you feel like you've lost that self you knew, remember all experience is a growth opportunity.

Much of what appears to be or is judged as failure initially will, in time, prove to have been valuable experience with lessons for

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you to learn to know more about who you really are. With lessons that are crucial for you to learn and process in order to continue to not only quest for authentic self but also crucial to your ongoing self-understanding, self-revelation, and self-improvement/personal growth.

While failure can involve those thoughts and emotions, failure can also make us stronger or wiser.

A simple definition of failure is: An act or instance of failing or proving unsuccessful; lack of success.

When I think of this definition of failure, I'm reminded of Thomas Edison, the inventor of the light bulb. While there are many conflicting stories of how many times Edison "failed" at inventing the electric light bulb, most agree it was in the thousands before he found the right combination of materials.

One of Edison's most famous quotes is, "I have not failed. I've just found 10,000 ways that won't work. I am not discouraged because every wrong attempt discarded is another step forward."

If you adopt this same attitude, you'll overcome your feelings of failure and be able to see your dreams and desires come to fruition. Robert Schuller stated these famous words, "Failure doesn't mean you're a failure; it just means you haven't succeeded yet."

to succeed at, whether it’s a sport, project, career, invention, or at school, there will be times when you don’t succeed. But you mustn’t let that stop you from reaching your goals, dreams, and desires.

The common thread among all these famous people and their wise words is the same. You can’t have success without failure. Never give up and never stop trying. There is power in failure, you just have to give yourself a chance.

*Keep trying, keep failing and soon you’ll find true success!*

**Coaching Exercise # 1**

**Journal Exercise to Build Self-Awareness of Beliefs/Experience about and with failure or perceived failure:**

***1. What has my reaction to failure been in the past? Is it still how you react to what you perceive as failure?***

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***2. List 5 benefits of re-focusing the thoughts that supported your past reaction to failure. Include 5 new affirming thoughts.***

1. 

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2. 

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3. 

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4. 

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5. 

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## ***5 New Affirming Thoughts To Practice***

1. 

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2. 

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3. 

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4. 

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5. 

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## Why it's Time to Put Your Health First



Your well being should be a priority in your life, yet so many of us place our health on the back burner, leaving it unattended until it boils over on us.

Health seems to be something that's largely taken for granted. We feel invincible until it fails us. This is clearly the wrong attitude. If you take preventative action, you'll not only feel better, but your body will thank you by adding years onto your life!

### *Improve your Physical Health for the Right Reasons*

Nowadays many Americans are overweight. As a result, more

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## Five Ways to Find Inspiration



Sometimes life is tough and it's hard to see the pot of gold waiting for you at the end of the rainbow. Fortunately, it's easier than you think to find a source of inspiration that will motivate you and keep you on the right path toward your goals.

*Here are five quick and easy ways to find inspiration:*

**1. Use motivational quotes and affirmations.** It seems that no matter how many times you read or hear your favorite quote, it resonates with you almost as much as the very first time you heard it. Adding to your collection will bring you an ever-flowing well of new inspiration.

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## After deciding what action to take, I act immediately.



Whenever I begin a task, I take time to make an action plan, and then I jump right in. My plan brings me the confidence to forge ahead, knowing that I deserve great success.

When creating my plan, I divide the task into small, attainable actions. This gives me step-by-step instructions of what to do from beginning to end. When I complete the simplest of tasks first, I build a powerful forward momentum.

Even though I know my plan is sound, I don't set it in stone. If circumstances change, I adapt with ease. Changing course from time to time is okay, just as long as I am still moving toward my goal.

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I have the tools and techniques that I can use to relieve stress in times of challenge, bring confidence in times of doubt, and energize me if my motivation wanes.

When obstacles arise, I take them in stride. If I'm feeling stressed, I simply take a moment to breathe deeply. Deep breathing relaxes my body and gives my mind a surge of oxygen to help clarify my thoughts.

If doubt creeps in, I use positive self-talk and affirmations to replace any negative thoughts I may have. This renews my confidence in my abilities.

To keep my energy at its best, I eat right, exercise, get enough rest, and take time to rejuvenate my spirit with meditation and prayer. My step-by-step action plan empowers me to overcome any challenge and accomplish any task.

Today, I choose to tackle my tasks with renewed energy and confidence. With my action plan and set of valuable tools, I can take swift action toward success.

## **Coaching Exercise # 4**

***Self-Reflection Questions: (Journal in your own personal growth and recovery journal)***

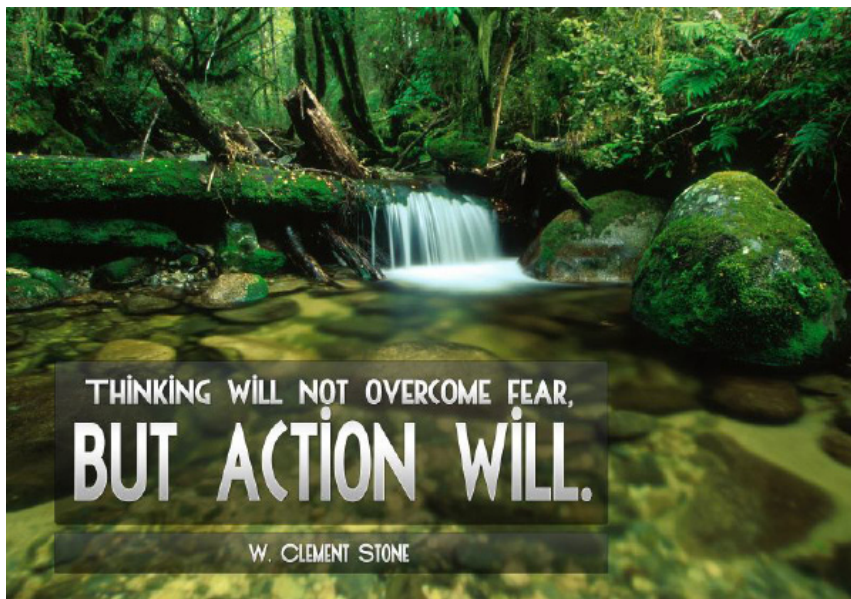
1. What tasks am I delaying?
2. Have I written an action plan?
3. How do my tools and techniques help me accomplish my tasks?

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## 5 Reasons to Live in the Now and Take Each Day as it Comes



It's easy to get caught up in planning your future. Planning for a secure and happy future is an important undertaking, but too much attention to a time that is yet to come can greatly inhibit your ability to focus on the here and now.

Right now, at this very moment, you can begin to enjoy your everyday life that is currently flashing unnoticed right before your eyes. Let the future come naturally and live joyfully and willingly in the present moment!

Consider these five reasons that you should start living in the

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here and now:

**1. *Each day, you grow older.*** Each day of your life has the ability to be monumental, but each day only happens once. Every moment of every day, you're given a chance to make a lasting memory. Create a memory that you'll be proud to share. Each day is a new opportunity.

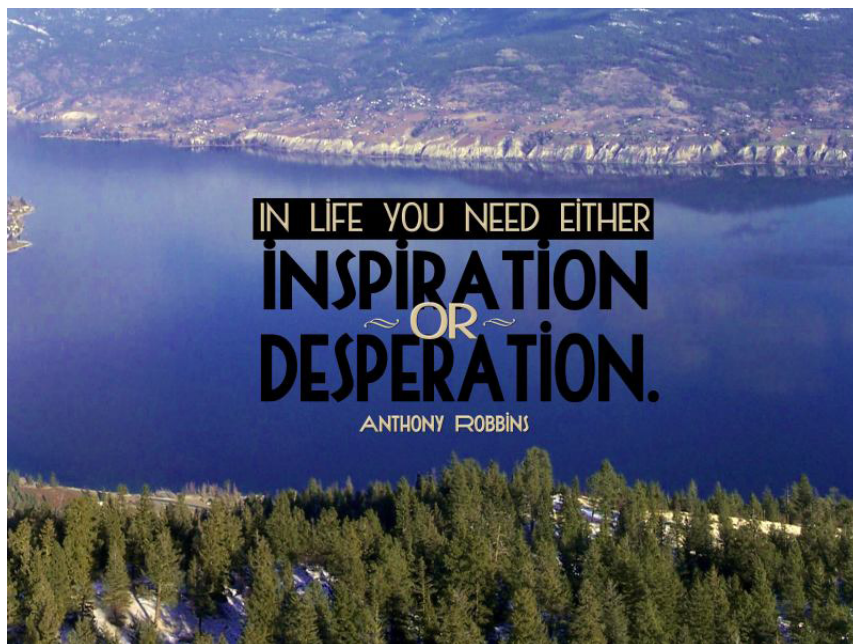
- Your fate is up to you. If you're concerned about the future, you can start paving the road for it today. That road starts by living your life to the fullest degree at this very moment so you feel fulfilled in the years to come.

**2. *You replace worry with contentment.*** With the future comes uncertainty. However, by focusing on today rather than your tomorrow, you'll inherently stop worrying about what's to come and focus on enjoying your reality.

- ***Radical Acceptance*** will keep you in touch with there here-and-now when you let it. Radical Acceptance is a way of stopping engaging in the same negative focus or the same negative thoughts that have been negatively effecting your emotions in powerfully negative ways that have likely blocked your ability to live in the here-and-now and to take each moment, each day as it comes.

**3. *You get to know yourself.*** Your wants, needs, and interests are

# Expanding Your Comfort Zone - Simple, Effective Strategies



It can be a good thing when you find your comfort zone. Everyone likes a place where they can feel safe. ***However, sometimes your comfort zone will limit you.*** You might be missing out on opportunities without even knowing that you're missing out.

Expanding your comfort zone can bring a whole new world of possibility to know much more about who you are - to know and live more from your authentic self in ways that can and will create excitement, passion, experiences, friends, financial opportunities, and knowledge into your life. ***To take advantage of these benefits, the first thing you must do is embrace change.***

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For many, change is terrifying. Many people are actually stuck and blocked in painful place, circumstances, events, relationships, ways of thinking, acting, and feeling, because they allow their fear of change to have more power than the actual pain and suffering they are in.

Change can bring with it, often, for a period of time that won't be forever, some discomfort or anxiety, self-doubt and the like that can very uncomfortable. Often the choice for change is a choice between the pain you have been stuck with and blocked by or the experience of a new kind of pain that will actually be a forward-moving engaging of pain that will show you the way to disengage unresolved pain as you resolve it and let it go and free yourself of. This very process of change, when you choose it, actively, and consciously, puts you on the road to recovery and is the process through which you can learn new tools and skills to cope much more effectively with all that has held you back from making changes that you want and that you need in your life.

Life is full of changes. When you get into the habit of finding the good in every change, you become more comfortable with the idea of change itself, and look forward to the new adventures that lie ahead. With this mindset, you're ready, willing, and able to expand your comfort zone.

***Try these effective techniques to help you break free of the limits of your comfort zone:***

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*Here are some natural remedies that can help you reduce your stress:*

**1. Deep breathing techniques.** Breathing deeply can work wonders when it comes to stress reduction. Your breathing is a connection between your conscious mind and the unconscious. When you're stressed, you take more shallow and short breaths. Counteract the stress, relax your body, and calm your mind with long, deep breaths.

**2. Herbal remedies.** Stress-reducing herbs include valerian, passionflower, and kava-kava. These remedies double as remedies for problems, such as insomnia and anxiety, because stress is the most common cause of these ailments.

**3. Watch what you put into your body.** What you eat on a daily basis can directly affect the way you feel and have an impact on your stress levels. It's important to eat nutritiously, maintain a balanced diet, and limit harmful substances such as caffeine, especially later on in the day.

**4. Make extra time for yourself.** When you're stressed, you may feel like there's just not enough time in the day to accomplish everything that you'd like. This might lead you to cut out doing things for yourself even though they're vitally important. Go out of your way to make extra time for yourself to reduce your stress and rejuvenate your mind and body.

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**5. *Take a warm bath.*** A warm bath is a great natural way to leave the stresses of the day behind you. You can increase your bath's stress-reducing benefits by experimenting with different aromatherapies through soaps, bath oils, or candles.

**6. *Break your routine with a relaxing activity.*** Try something new and bring in some excitement by breaking your routine to pursue a relaxing activity. It's a great way to relieve your stress and breathe new life into a dull day.

**7. *Maintain an exercise routine.*** Exercise is an excellent way to combat stress. It keeps your body fit and your brain active. Exercise also releases endorphins in the brain, which energize you and reduce your stress levels.

Try to get creative when it comes to discovering new ways to combat stress. Your main goal is to avoid getting caught up in your stress. Rather than letting stress run your life, make the decision to be the one in charge. You'll soon be able to recognize when negative stress is taking over so you can turn to one of your natural remedies to

***It is important to accept the situations I cannot control.***

The only person I can control is me. I let go of my tendency to try to control the opinions and decisions of others.

## **Keeping a Positive Outlook During Trying Times**



Mistakes are the detours that direct me to a better me.

Are you facing a difficult challenge? It's comforting to know that you can get through tough times while maintaining a positive outlook throughout. When you get in better touch with yourself and understand the ups and downs of life, it makes it easier for you to persevere.

When you believe in yourself, you can go farther than you've ever imagined. So your first step is to believe that you're capable of having a positive outlook. Your firm belief in yourself will help banish negative thoughts that try to plague your thinking during trying times.

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## ***The Ups and Downs of Life***

You already know that life is made up of many ups and downs. When things are going great, you almost hope that it lasts forever. When things aren't going so well, it's sometimes hard to even imagine life getting better again.

If you're going through a particularly trying time, it's important to take time to grieve. No one expects you to bounce back immediately, and perhaps you'll be a changed person. However, you can, and will, have good times again!

When the time is right, start working towards a better future and you'll be able to experience more "ups" in life. If you're open to this, you'll be well on your way to a positive outlook.

It is important to practice mindfulness and radical acceptance so that you can normalize the ups and downs of life and begin to experience them in less intense and polarizing ways.

## ***Believing in Yourself***

Believing in yourself is vital to a happy life. Some may say it's trite to use phrases like: "If you can dream it, you can do it," but as it turns out, the sentiment is true. Don't put limits on yourself. If something is possible, then you can achieve it with a strong driving force.

## Peace Leads Me



*The pessimist complains about the wind,  
the optimist expects it to change,  
the realist adjusts the sails.*  
*William Arthur Ward*

I follow the way of peace and run from the path of confusion. I have peace with every step I take. I may not always be certain about where I am heading, because I don't know everything, but I always trust my inner sense of direction.

I take risks without violating my peace. When I am uneasy about a situation, it means that I need to wait before making a decision. I would rather delay an action than take a wrong action. I stand still until peace leads the way.

I have a heightened sense of awareness of my conscience. When

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I hear my conscience calling out to me, I obey. My conscience is a gift placed in me by my Creator as a compass, to keep me headed in the right direction.

I am strong enough to do the right thing, even when I don't want to, because I have my emotions under control. I am in charge of the thoughts on which I allow my mind to dwell. Instead of living by my emotions, my emotions are subjected to my will.

Every decision I make must be approved by my conscience. Losing sleep and feeling regret are strong signals that something is wrong. When those signals begin to flash, I proceed with extreme caution.

I stop to do some honest self-reflection and guide myself back to a path that restores my peace. When I separate my rational brain from my irrational desires, I make better decisions.

Today, I choose to follow the path of peace. I separate myself from anything that causes confusion and I pursue clarity. I can choose to let peace be at the center of my thoughts and emotions. I can choose to be fully focused on all that is positive. I can choose to empower feeling peaceful. I may be used to making subsciously chaotic and polarized protective negative reactions to events, circumstances, interpretations, peceptions, and my interaction with self and/or others in the past. I can break free from those negative and self-defeating patterns by consiously and mindfully focusing on choosing a calm peace - equanimity. The more I choose this the stronger I will be at it and the less work it will be.