



SELF-ALIGNED LIVING SERIES



# Unmasking Your True Self

A JOURNEY TO SELF-ALIGNED LIVING



# Welcome

By downloading this workbook, you are part of the greater Everyday 7 community. This means you are a forward-thinking, cycle-breaking, consciousness-driven human. At E7, we are committed to helping you nurture your well-being your way. Welcome!

## We're so excited you're here.

As a companion to this workbook, we recommend that you join our Essentials Practices, which offers live, virtual guided practices (and an on-demand library) to help you connect with your True Self everyday.

**[everyday7.com/essentials](https://everyday7.com/essentials)**

Please note that this Workbook and the Exercises in it are for educational purposes only and are not a substitute for guidance, advice, or treatment from a coach, therapist, or other professional.

A photograph of a person sitting in a meditative pose, wearing a light-colored hoodie, with their hands resting on their knees. The background is a soft-focus indoor setting with some plants.

Also available is our complimentary

## Collective Meditation

Monday - Friday

9 am Eastern

6 am Pacific

**[everyday7.com/meditation](https://everyday7.com/meditation)**



# You have the power to Choose a Self-Aligned Life

The concepts, practical tools, and meaningful application exercises are real-life tested and will foster lasting change in your everyday life. **This work is work, it isn't meant to be easy. And, it's also simple and doable.** Start by treating this like a magazine. Get cozy, flip through, and take the pieces that resonate with you. See if any information or practices can find a place in your day to day.

You can react to the whims of uncertainty and unconsciously go through life on auto-pilot, or you can take the driver's seat by **breaking cycles** of habit, inculturation, and subconscious beliefs.

## Your path to self-aligned living in three steps: Connect, Program, and Act

- **Connect with your True Self:** establish intentional core values, thoughts, beliefs, and attitudes
- **Program your Subconscious Mind:** reflect your True Self's beliefs, desires, and values;
- **Take Action:** live your life in Self-Alignment.

In our **Everyday 7 Unmasking Your True Self Workbook**, you'll walk through the process of connecting with your True Self. Begin breaking the habit of giving away your personal power to live according to someone else's rulebook and work toward living a life of contentment, fulfillment, and self-actualization.

## Are you living your life, or is life living you?



Actionable exercises

Apply the work to your life now



Neurodivergent Friendly Format

The need-to-know is easy to find



Daily Meditation Drop-in

Complimentary, come as you are, open to all



Join Everyday Essentials

It's like getting practice time for the real game of life

~~auto pilot~~

Present Moment

# Move out of Survival & find Well-Being

Our True Self can't illuminate when we are stuck in cycles of stress or survival. So, we begin by planting the seed of well-being to give our True Self room to sprout.

Well-being is personal and unique to everyone. Just like any aspect of your life, you are the author and designer of your own well-being.

Well-being is a state of contentment and balance regarding physical, mental, energetic, and social health. At its core, well-being is a state of being, not doing.



It would be simple to maintain an internal state of calm if life always lined up just the way we want or expect it to. But reality is messy, overstimulating, and presents us with infinite moments that we can't control.



As busy humans in a modern world, we tend to fixate on "doing," and neglect (or even remain unaware of) "being."

It's easy to get caught in the vortex of intrusive thoughts while ignoring the calm and quiet inner state that is always available to us if we tune into it.



# we are human *beings* not human doings

Authentic Self  
Inner compass  
Intuition  
Inner Voice  
SOUL  
Self  
True Self  
Gut Instinct  
Inner Guide  
Inner Pilot Light  
Highest Self

## What does "being" mean?

The "being" aspect goes by different names:

- Authentic Self
- Gut Instinct
- Heart Center
- Highest Self
- Inner Compass
- Inner Guide
- Inner Pilot Light
- Inner Voice
- Intuition
- Self
- Soul
- True Self

In this workbook we use the term "True Self" to identify the "being" part in each of us. Feel free to use the word that works best for you.

True Self is the source of our own inner wisdom, strength, self-compassion, and resilience. It is the still (yet very alive) place in each of us that is present regardless of time and space. No amount of hurt or pain can damage or remove the True Self. It is like the sun--it can be obscured by clouds or eclipsed by the moon, but never erased. The True Self is always there if you know how to find it.

It is interconnected to all life and a non-judgmental witness to our humanness. A key foundational component of being well is knowing and accessing this part of ourselves.

When we tap into the True Self place in us, we can recognize that our constant thought loops, unpleasant emotions, and anxious energy are only part of us, not all of us.

# Whose **Life** is this anyway?

## HOW DO I FIND MY TRUE SELF?

The True Self. The Captain of the Ship. The Coach of your Inner Team.  
The one relationship that you will have for your entire life is with your own self.

When we say True Self, we mean that part of us which is often not the loudest. The inner critic usually has a corner on the volume control. The True Self is, however, the wise, constant, curious, and calm part of us.

It might be hard to believe, but no matter what circumstances are happening in our lives, the True Self is always there--naturally calm, present, compassionate, and empowered. This is our own personal eye in the storm of life. Becoming acquainted with our True Self is the first crucial step in breaking free of our auto-pilot cycles.


Sometimes it can be challenging to distinguish between your True Self and the other parts of you (e.g., intrusive thoughts, subconscious beliefs, childhood modeling) that tend to run your life.

### **True Self**

The one relationship that you  
will have for your entire life is  
with your own Self







**YOU** are  
not  
Your Intrusive  
Thoughts

# Break free from Auto-Pilot

## How do I know I'm in Auto-Pilot?



When you're so caught up in life's stressors that you're **convinced that you are the intrusive thoughts**. You easily feed the thoughts because you believe they must be true.



When you are **stuck in a loop** of pre-existing beliefs, attitudes, judgments, or habits, and you are **closed to new perspectives or ideas**.



When you notice **judgment toward yourself and/or others**. This includes blaming, gossiping, complaining, and excuses.



When you believe that the **worst case scenario** is the most likely outcome.



When you hear yourself saying or thinking **should / could / would / need to / have to**.

## Put True Self in the driver's seat

The **True Self** doesn't seek to alienate the part of us that gets caught in thought-loops, worst-case-scenarios, or dramas; it gets **curious and brings compassion** to it.

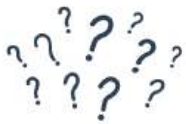


# How do I find my True Self?

## What is my True Self?



The witnessing part of me that can **observe my thoughts, emotions, words, and actions.**



The aspect of me that is **neutral, open, and curious** to emotions, perspectives, and opportunities.



The part of me that **exists in the present moment** without projecting into the future or ruminating on the past.

One way to access **True Self** is to **untangle** myself from my thoughts.

## Caught in a thought loop?

**try this:** Draw awareness to the part of you that is observing the thought.

Notice which thoughts are on repeat in your head.

- **Are you re-playing a conversation over in your mind?**
- **Is there something about you or something you did that you are agonizing over?**
- **Are you hypothesizing scenarios in anticipation of a worst-case scenario playing out?**

**remember:** Simply noticing these loops allows you to witness the separation of the True Self from the thoughts. **Become aware of the still and quiet part of you that is not caught up in the thought-loop.**

It is that **separate space** that is our home base. Ask the thoughts to relax a bit and allow your True Self to embody more of you.

# Affirmations of True Self

While every person's circumstances vary, the human experience shares root stories of separation. Take time to recognize your own **stories of separateness** and practice shifting them to **stories of wholeness**.

<b>Auto-Pilot</b> Stories of Separateness	<b>True Self</b> Stories of Wholeness
I am alone	<ul style="list-style-type: none"><li>• I am whole</li><li>• I am connected to an abundant universe</li></ul>
I am confused	<ul style="list-style-type: none"><li>• I trust my intuition</li><li>• I am connected to wisdom</li><li>• I am a present observer</li><li>• I align with my values</li></ul>
I don't trust	<ul style="list-style-type: none"><li>• I am honest</li><li>• I speak my truth</li><li>• I am authentic</li><li>• I am articulate</li></ul>
I don't deserve	<ul style="list-style-type: none"><li>• I am kind and peaceful</li><li>• I love myself and others</li><li>• I accept myself</li></ul>
I am powerless	<ul style="list-style-type: none"><li>• I am capable</li><li>• I am responsible</li><li>• I am willing</li></ul>
I am not enough	<ul style="list-style-type: none"><li>• I am worthy</li><li>• I am loved</li><li>• I am creative</li></ul>
I am not safe	<ul style="list-style-type: none"><li>• I am safe</li><li>• I am secure</li><li>• I am grounded</li><li>• I am okay</li></ul>



# Universal components of True Self:

## Present

In the here and now. The True Self taps into the power of the present moment: **the right here, right now moment**.

## Conscious

The True Self doesn't get caught in the swirl of the pain, intrusive thought, unpleasant emotion, etc. Instead, it is the part of us that can observe our thoughts and emotions and decide consciously how to move through them.

## Curious

The True Self **doesn't take sides** in the game. This part of us is neutral and maintains an expansive view that is without judgment, resistance, or attachment to the outcome. This part seeks to see and understand what wasn't apparent before.

## Instinctive

The True Self **knows the way** without overthinking, catastrophizing, or worrying. A sense of confident humility naturally emerges from this part of us.

## Compassionate

The True Self is **benevolent, kind, and understanding** especially toward the darker, painful, wounded parts of ourself and others.

## Still & Calm

The True Self is **unflappable**. It doesn't get antsy when things slow down. It basks in the solace of stillness knowing that all is exactly as it should be in this moment.

tangible practices to bring your **True Self** to the surface



Focus your attention for 3 minutes on slow, diaphragmatic (belly) breathing. This **ignites the parasympathetic nervous system**, allowing the calm, quiet True Self to emerge.

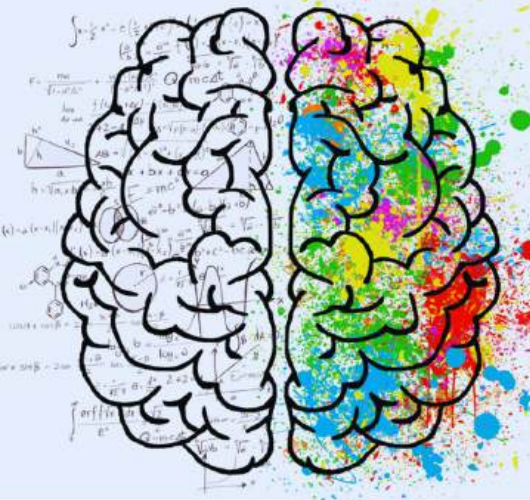
## Focused Breathing or Humming

Humming or singing **activates our Vagus Nerve** which signals the body to relax. No need for a fancy tune! A single-noted tone works. Breath in 4 counts; hold for 6 counts; hum for 7 counts; and hold for 4 counts. Repeat 9 times. Notice what you feel.

Regular meditative practices quiet the mind; this **doesn't have to be meditation** in the traditional form.

## Meaningful Silence

**Any practice** that helps you tap into that mindful place counts.



**Focus on the senses** while doing mundane tasks like the dishes or laundry. **Savor the details** of a beautiful view, favorite plant, or soothing cup of tea.

## Mindfulness

This helps **tap into the consciousness that is you** rather than the thoughts running through you.

As thoughts or emotions arise, notice them and see if they can step back for a few minutes while you spend time with YOU.

Find what works for you. Nurture Your Well-being Your Way.



# tapping into True Self

How do I tap into my human "being"  
aspect and find my True Self?

**understand:**



- You are separate from your emotions, thoughts, & actions
- When you tap into the observation of your emotions, thoughts, or actions, this is your state of being
- This place is your witnessing essence
- Spending time "being" allows your physical body to regulate and repair making room for your True Self to emerge more freely

# Simple Mindfulness

## Personal Exercises

Draw awareness to your **hands**.  
Take a moment to **mentally (not physically) feel** each finger.  
Notice and **name any sensations** you feel.  
Your hands are void of human thought yet **full of life**.

**That aliveness is part of the "being" aspect of well being.**

Being is a state of presence that lets you **see "what is" or hard truths without reacting** to the circumstance, judging it, resisting it, or feeling attachment to it.

It is the practice of untethering our **True Self** from our burdened, wounded, and overthinking parts.

### Hand Tracking Exercise



### Box Breathing Exercise



**Step 1:** Breathe in through your nose as you slowly count to 4

Feel the air enter your lungs

**Step 2:** Hold your breath 4 counts

Try to relax; feel the stillness; avoid constriction

**Step 3:** Slowly exhale through your mouth 4 counts

Sometimes an audible sigh can be helpful

**Step 4:** Hold your breath 4 counts

Repeat steps 1-4 for 6 breaths.

Notice how you feel.



# Simple Mindfulness

## Writing Exercise

### Release Writing: The True Self is the Best Space Holder

A helpful way for the unvoiced parts of ourself to integrate is for them to be validated and witnessed by our **True Self**. Release writing is one practice that cultivates a relationship of trust between our wounded parts and the **True Self**.

**Trust yourself:** only go as far as you can while also feeling safe and grounded as you walk yourself through. You can choose to stop the writing practice and safely come back to your surface reality at any time. If you begin to tap into deeper emotions that feel overwhelming, gently bring yourself back to your breath and the present moment.

**For deeply wounded or traumatized emotions, first consult with a therapist, coach, or other trusted professional practitioner before engaging in any exercise that might bring up these emotions.**

#### general tips before you start:

- Give yourself permission to free flow write; allow anything that comes up to flow to the page
- Do not edit, analyze, or judge your writings
- Offer compassion, curiosity, and gratitude for the parts of you that share
- Without re-reading your writings, tear up the page(s) and toss them in the recycle bin, bury, or burn responsibly to release



#### you'll need:

paper

writing utensil

timer

open mind

# Finding Mindfulness

## Writing Exercises

### release writing instructions:

Take **three** slow,  
cleansing **breaths**



In through the **nose**;  
**Out** through the **mouth**

**Notice** thoughts, emotions, or  
sensations that arise while you  
breathe



Can you name them?  
(e.g., fear, tight chest, anger, etc.)

**Isolate one** thought, emotion,  
or sensation  
(kindly ask the others to  
step back)

#### Find inner curiosity

Even unpleasant thoughts, emotions,  
and sensations have something  
important to teach us



#### Give that emotion a written voice

Grab your pen and notebook and  
write for 15 min -or- until you feel  
complete with your release

### prompts for writer's block:

If it is helpful, use sentence stems to begin the writing practice:

I feel \_\_\_\_\_ because \_\_\_\_\_.

If my \_\_\_\_\_ could speak, it would say \_\_\_\_\_.

Emotions, thoughts, & feelings are **PART of you**, not **ALL of you**.



# Thank You



Did you enjoy this Workbook?

## Share your thoughts!

Our team works hard to build supportive, practical, and inclusive content. However, we are human, and we are still learning. If you have feedback or suggestions to share, they are welcome!

[everyday7.com/feedback](https://everyday7.com/feedback)

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