



Life Mastery Training Lower Self / Higher Self Qualities

Choose your 5 lowest Lower-self qualities and name your highest Higher-self qualities (these are examples only). Do this for your primary and secondary profiles. Be prepared to stand up and say, "I oscillate between being ____ on my bad days and I am ____ on my good days"

ENFORCER:

Liar | teller of inconvenient truths
Self Will | has effortless power
Selfish | self-sacrificing for a cause
Self Righteous | Fights for truth and good
Irrational | never a slave to system
Cheater | knows rules are to be broken
Fighter | warrior
Narcissistic | teaches others the value of being #1
Angry | Motivated to change
Rageful | Passionate and fearless
Seductive | charming
Controlling | leads by example
Walking Chaos | Powerful manifester
Psychopathic | Able to deal with any human
Vain | sculpts their body to fit their dream
Proud | shows how to self love
Neurotic | Protective and vigilant
Ruthless | creates a win/win
Overbearing | strong and committed
Demonic | an angel of transformation
Broken | unbreakable
Chronic Disability | Never taking charity
Life Sucking Vampire | Empowers others
Serial Killer | fearless in letting go of the past
Energetic Bi-Polar | wildly dynamic emotionally
Insane | wildly fun and entertaining
Addicted | loving pleasure of every kind
Depressed | strong sense of self and ego
Irresponsible | not beholden to anything
Obsessed | on a mission from god
Violent | fearless in battle
Hypocrite | will contradict themselves
Victim to victimize | chooses all battles
Sadistic | turns pain into pleasure of freedom
Self Righteous | fights for worthy cause
Megalomaniac | will always take their chance
Shape shifter | dynamic in relations
Envy | goes after what they long for
Hostile | protective of others

RULE KEEPER:

Narcissistic | deep ability to self care and love
Proud | Self-appreciating
Ruthless about perfection | Mastery
Selfish | sets healthy boundaries to achieve ends
Demanding | precise
Withholding | Understanding
Dismissive | Selective focus
Aloof | seeing from the witness
Hypocrite | Congruent in all actions
Cruel | seeing the strength and gifts in others
Rejecting | letting go of that which is over
Passionless | Enthusiastic and motivated
Critical | Discerning
Abandoning | Loyal
Self Abusive | balanced discipline
Judgmental | seeing the soul in others
Know-it all | Sage
Pigheaded | committed to ideas
Hardnosed | fair but tough negotiator
Self Important | an impeccable leader
Egotistical | unifying self and others in master plan
Coldhearted | gentlest heart
Needless | Deep desire to be seen and understood
Emotionless | enthusiastic
Better Than | internally competitive
More Spiritual Than | humbly knowing their calling

POOR ME:

Neurotic | sensitive to environmental change
 Co-dependent | deeply loving
 Needy | guided by their desire for unity
 Demanding | asking for their needs with no strings
 Childlike | Angelic
 Helpless | self-filling and gentle
 Emotionally Excessive | Passionate
 Unstable | flowing with the changes in each moment
 Powerless | peaceful and loving
 Draining Vampire | consoling and understanding
 Vulnerable | open
 Selfish | nurturing
 Self Righteous | Love those in trouble
 Narcissistic | altruistic and loving
 Manipulative | accepting of others' limitations
 Victim | non-resistant
 Compulsive | magnetically called and repulsed
 Addict | Self-filling with joy of feeling
 Drama Addict | Loves all of life
 Pathetic | Gentle
 Blaming | seeing the gift in all others
 Complaining | great communicator
 Pollyanna | eternal child
 Fearful | Deeply compassionate
 Irrational | guided by their soul
 Submissive | spiritual surrender
 Meek | non attached to material
 Defenseless | willing to feel hurt
 Self Absorbed | feeling one with
 Passivity | Undefined

PEOPLE PLEASERS:

Resentful | grateful
 Co-dependent | uncompromising support
 Resistant | Open to all
 Childlike | plays well with others
 Spiteful | magnanimous
 Victim | yes means yes, no means no
 Passive Resistant | clear boundaries of support
 Angry | love in action
 Self Hatred | deep compassion for the repressed
 Self Flagellating | resting when needed
 Self Sacrificing | self sacrificing consciously

PEOPLE PLEASERS (con't)

Selfless | love other and the self
 Brooding | openly sharing their needs
 Pleasureless | finds pleasure in everyone
 Stubborn | unbendable support for others
 Obstinate | driven and committed
 Submissive | Lovingly supportive
 Dense | warm and safe
 Slow | caring and taking time for others
 Stuck Mentally | non-attached to mental stances
 Masochistic | finds pleasure in service
 Martyr | will die for another

THINKER:

Fear | sees the plight of unconsciousness
 Neurotic | endlessly creative
 Fantasy | loves to see the world as metaphor
 Rejecting | Accepting of the diversity in life
 Phobic | letting their fears call them deeper into life
 Naïve Faith | faith of a mystic, transcendent
 Avoiding | playing with others and life
 Aloof | introspective
 Dissociated | detached
 Schizoid | dynamic mind
 Terrorized | finding humane solutions for violence
 Scattered | entertains many ideas at once
 Spaced Out | spiritual levels are real
 Loveless | sees the love of Christ in all people
 Hateful | validates others' thoughts/actions
 Powerless | has the faith of a mustard seed
 Lost | Navigates on intuition
 Abandoning | protective of personal time to think
 Delusional | sees the world through god's eyes
 Conspiracy | never fooled by others
 Anxious | alive with high frequency energy
 Internally critical | sees all options in every moment
 Perverse | irreverent
 Passive | non-resistant
 Tormented | called into spiritual service