



Hello!



**I'M SO GLAD  
YOU'RE HERE.**

IN THIS GUIDE, I WANT  
TO HELP YOU REMEMBER

**WHAT YOUR "WISE SELF" FEELS LIKE**



**NALU**  
CENTER FOR HEALING





# Wise Self

## WHAT IS SELF?

SELF IS WHO YOU REALLY ARE AT THE VERY CORE OF YOUR BEING. YOUR SOUL. YOUR ESSENCE. WHEN YOU'RE IN "SELF" YOU FEEL THESE 8 QUALITIES AS DEFINED BY RICHARD SCHWARTZ, PHD (IFS FOUNDER)

- CALM
- CURIOSITY
- CONFIDENCE
- COMPASSION
- CLARITY
- CREATIVITY
- COURAGE
- CONNECTEDNESS





# Wise Self

THIS IS AN EXERCISE TO FEEL YOUR TRUE ESSENCE. WHEN WAS THE LAST TIME YOU FELT LIKE TOTALLY YOU? GO AHEAD AND FIND A MEMORY. YOU MIGHT HAVE TO GO BACK A FEW MONTH, YEARS OR DECADES. FIND THE ONE THAT FEELS THE MOST LIKE YOU. WHEN YOU FIND THE MEMORY, SEE IF YOU CAN SIMPLY ENTER THAT MEMORY IN YOUR MIND'S EYE AND ANSWER THESE QUESTIONS...

- Where are you in the memory?
- How old are you?
- Who are you with?
- What do you smell?
- What are you wearing?
- How do you feel in your body?

Now take a moment and sink into this memory. Really take it in and feel it in your whole body. Take your time.

