



# KNOW YOURSELF

#HEALYOURSELF VIRTUAL WELLNESS WEEKEND

**HERE'S A #CHEATSHEET  
TO HELP YOU LEARN YOURSELF**

**[BIT.LY/HEALYOURSELFWEEKEND](https://bit.ly/healyourselfweekend)**

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Self-reflection is all about careful and deliberate thought in relation to your own behavior and beliefs. To think critically about your tendencies, patterns and habits, you need to become more aware.

**What comes first, the chicken or the egg?** *Thing is, the more you try to reflect, the more aware you become. The more aware you are, the easier it is to reflect.*

When you ask yourself "Why am I like dis?" and your answer is: "IDK"

**Bingo.** An invitation to get to Know Yo'self.

**Asking yourself tough questions** will help you develop awareness of your mental health and emotional states. It'll also show you where there's room for growth and how "that's just how I am" will only take you so far. Having internal dialogues is therapeutic. Taking yourself out of the pilot seat and surrendering to the control tower (God) is necessary to gain perspective. Just like staying in the pilot seat is imperative if you need to "go through" some growing pains. Changing the stories you tell yourself is the foundation of miracles.

**Ok. Now that we're on the same page...**

**Here are some lil tips before we send you on your way:**

- **Keep an open mind + open heart**
- **Be honest with yo'self** about how you feel, how things are going and how you're behaving.
- **Pay attention** to patterns so you can tweak the ones that don't serve you and strengthen the ones that do.
- **Know what's important to you**, because if you don't, who will?
- **Be forgiving.** *Not talking about others, here.* Be gentle with **yo'self** when you don't "get it right." It's okay, bae.
- **Keep track of your progress.** A journal is an easy way to record your observations and monitor your development. It will also help remind you where you've been and where you want to go!
- **Talk to your loved ones.** *They are mirrors that can help you see yourself.*
- **Do your own research** and take time to build on what you learn. *Youtube and Google save lives.*

# Resources to Explore Yo'Self *fo' free*

There are tons of assessments on the interwebs based on **Carl Jung's & Isabel Briggs Myers' Personality Theory.** [Truity](#) has a **free** one that we like!

Here's another from [16Personalities.com](#) that you might prefer: [NERIS Type Explorer®](#)

[The Enneagram of Personality Assessment](#)

For interpersonal relationships: [The Five Love Languages](#) + [DISC](#)  
Discover you work values, interests and skills: [Career Assessments](#)

Look into numerology and learn about your [Life Path](#) number!  
If you have **TIME**, patience and are really **ready** to KNOW Yo'Self...  
[Cafe Astrology](#) will hook you up with a [Natal Chart](#). Read it ALL.

All in all, we encourage you to take time to dive into your depths.  
Find out where you stand so you can make better moves :)