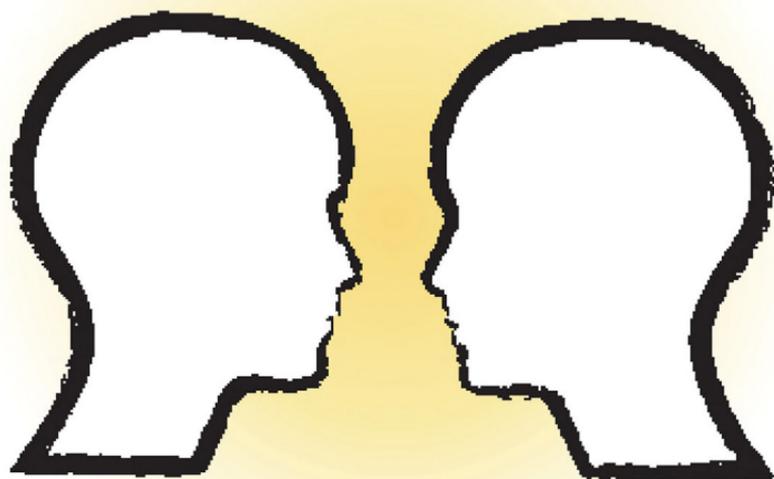


VERA AMA NG'OMA



# SELF CHAT

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Talk Yourself Into Doing  
What Makes You Awesome

# Copyright

## Self Chat

Talk yourself into doing what makes you awesome

Vera Ama Ng'oma

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## *INTRODUCTION*

There's a lot of wisdom in the view that whatever it'll take for us to fulfill our potential already lies within us waiting to be unearthed, lived and maximised. We can never rise beyond our self image or the expectations we have of ourselves. What we believe we are capable of should depend on our potential rather than factors external to ourselves.

Making the leap from where you are now to where you want to be or can be starts with honestly recognising and accepting where you are and committing to a new vision of you that helps you live your best self and evolve into the highest version of yourself.

**Self Chat** helps you on that journey and presents carefully crafted questions your answers to which will help you reflect on where you are, how you got to this point, what more you want for your life and how to “rewire” and refocus in order to blossom the seeds of greatness in you.

The quality of your life and the success you enjoy will be the net impact of your increased self awareness and the positive and courageous actions you dare to take from today to bring alive the ‘amazing’ within you.

These questions you'll find in here are an opportunity for you to tell it like it is to yourself so that you can start putting to work the building blocks of the things that matter and which you'll find more fulfilling.

The questions will help you shift your thinking, reset your ambitions and stir up your confidence to make the better life you want to happen. Without this shift in your mindset and in your daily actions, you'll only have more of what you've lived to date.

I hope this book helps you to confidently feel that you've got your own back and to note and embrace the actions that will take you to a new season.

Enjoy the journey of self exploration and self-actualisation. It's your opportunity to reign in your own life.

Prepare to be awesome.

Get started.

## *HOW TO USE THIS BOOK*

This book has been structured to make it helpful and easy to use. Each chapter starts with quotes meant to put you in the right frame of mind for your impending reflection on the questions which should be soul searching.

The quote in each chapter is followed by a piece aimed at providing some advice on the theme of the chapter as well as prompting and stimulating your thoughts as you prepare to answer the questions ahead.

The questions are deliberately of many kinds; simple ones, provocative ones and counterintuitive ones, all set to challenge your thinking, elicit genuine reflections and subsequent commitment to action. Each question stands on its own so you can skip a question and go onto another if you need more time to reflect on a particular question.

There are no right or wrong answers, only honest answers, so that you get the most out of this book. Keep going even when it feels uncomfortable at times. As you deliberate with yourself, write down your answers. You may wish to have a notebook or journal nearby or make notes in the space provided in the book. Reflect on;

*How you feel*

*What is insightful*

*What's sparking your curiosity*

*What's uncomfortable or surprising*

Each chapter ends with an “Action points” page which provides you the opportunity to detail practical steps regarding what you are going to do differently.

## CHAPTER 1

# Self Perception

*“Your self portrait determines how you carry yourself, what you believe you deserve and can achieve. Keep your self image whole, hearty and positive”*

### *Improving how you view yourself*

Developing a healthy perception of yourself is arguably the most powerful gift you can give yourself. Your potential to achieve what you want is directly related to your self-perception and your ability to consistently enhance it and turn it into the asset that it is.

Learning to change how you see yourself is an important ongoing endeavour that you need to keep practicing but which is worth even single ounce of effort. It's being aware of how you are carrying yourself and to wholeheartedly erase any debilitating thoughts.

Changing your view of yourself requires that you positively adjust how you view your value as a person, your strengths as well as your limitations. It takes you