



IDEAL SELF

How to stop waiting for love to heal you.

Meet Your Coaches



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What Is the Ideal Self?

The **Ideal Self** is the version of you you believe you should be... confident, healed, successful, loved, important, etc. It's who you imagine you'll finally become once life, love, or healing "clicks into place." The problem is, we often chase that version of ourselves through relationships, achievements, or validation instead of developing it from within. True growth happens when you stop trying to become your ideal self through others and start embodying it through self-awareness, responsibility, and daily alignment with your own values.

The purpose of this workbook is to help you uncover who you've been trying to become through your partner and relationships, where you've been outsourcing your healing, and how to fix it.

EXERCISE 1: The Mirror Check

Goal: To uncover who you believed you were becoming through your partner or relationships.

Purpose: This section reveals how attraction is often rooted in self-reflection, the version of you you saw in their eyes.

Result: You'll clearly see the traits and feelings you were chasing in yourself, not just in them.

1. **When you first fell in love, how did you feel about yourself in their presence?**

2. What parts of you came alive?

**3. What made you feel like
“This person brings out the best in me.”?**

4. What did you start to believe about yourself because of the way they saw or treated you?

EXERCISE 2: The Magic Wand

Goal: To define your vision of your ideal self.

Purpose: By imagining who you'd be with no fear or limitation, you access the version of you your soul is trying to evolve into.

Result: You'll have a clear picture of who you're unconsciously expecting your partner to help you become and who you're actually meant to become on your own.

As you work your way through each question in this exercise, write freely for at least five minutes. Don't edit. Let the vision pour out.

1. If you had a magic wand and could instantly become the most secure, confident, and whole version of yourself, who would you be?

2. If you had a magic wand and could instantly become the most secure, confident, and whole version of yourself, how would you think, speak, and move through the world?

3. If you had a magic wand and could instantly become the most secure, confident, and whole version of yourself, what would you no longer seek from others to feel like you're enough?

4. If you had a magic wand and could instantly become the most secure, confident, and whole version of yourself, how would you love differently if you already knew you were safe and worthy?

EXERCISE 3: The Gap

Goal: To confront the difference between your ideal self and your current patterns.

Purpose: This section invites radical self-honesty about how you react when triggered or afraid.

Result: You'll identify the defensive version of yourself that shows up in conflict and see how it protects you but also keeps you stuck.

1. **How do you show up when you feel unseen, unloved, or disrespected?**

2. What version of you takes over when you're triggered or afraid?

**3. How does that version protect you?
And what does it cost you?**

4. What parts of you get buried when you operate from defense instead of authenticity?

EXERCISE 4: Self Worship

Goal: To recognize what aspect of your “ideal self” you secretly idolize or chase through relationships.

Purpose: This helps you name the feeling, identity, or validation you keep worshipping. Whether it’s being desired, respected, or needed, etc.

Result: You’ll see how your pursuit of love has been a pursuit of self-idealization and start to separate genuine connection from ego-driven attachment.

1. **When do you feel closest to your ideal self? What situations, compliments, or validations trigger that feeling?**

2. When do you feel furthest from your ideal self?

3. What emotion, image, or identity do you secretly worship?
For example: the feeling of being desirable, powerful,
respected, smart, influential, etc.

4. How has the pursuit of wanting to look like or feel like that person shaped the way you give and receive love?

EXERCISE 5: Mirror Moment

Goal: To face the truth that your relationship is reflecting back to you.

Purpose: This section invites self-confrontation. You'll explore what parts of yourself your partner is no longer letting you hide behind.

Result: You'll transform emotional triggers into mirrors for growth, learning to see discomfort as revelation, not rejection.

- 1. When you feel a negative emotion toward your partner, what part of yourself might they be refusing to let you bury?**

2. Which parts of you are your disagreements forcing you to confront?

3. What truth about yourself feels hardest to face when love no longer mirrors your ideal self back to you?

EXERCISE 6: The Ownership Shift

Goal: To take back responsibility for your healing and growth.

Purpose: You'll examine where you've been outsourcing your wholeness and identify ways to reclaim your work.

Result: You'll leave this section with clarity about what's yours to carry and how to stop expecting your partner to complete you.

1. **What are you expecting your partner to heal or fix for you?**

2. How can you begin reclaiming that responsibility?

3. What would it look like to show up in your relationship as the version of you that already feels whole?

4. How can you remind yourself that your ideal self isn't waiting for *them*? it's waiting for *you*?

EXERCISE 7: The Integration

Goal: To turn insight into transformation.

Purpose: This section grounds reflection in action, helping you choose one small step toward embodying your ideal self now.

Result: You'll walk away with a concrete behavioral shift that anchors your new awareness in daily life.

1. **What's one small, concrete way you can stop outsourcing your worth this week?**

2. What new behavior or boundary would reflect your ideal self in action?

3. How might your relationship shift if you stopped expecting love to fix you and started using it as a mirror for growth?

MOVING FORWARD

What you admire in others is often a reflection of what you're longing to embody in yourself. The same goes for what you envy. The people who trigger your admiration, jealousy, or even quiet comparison usually hold traits your Ideal Self already carries within, but that you haven't yet owned, trusted, or expressed fully. We unconsciously hope that being around people who have those traits will help us "absorb" them. We do this in friendships, careers, and in romantic relationships.

We choose partners who embody the qualities our Ideal Self wants to bring to life like confidence, security, ambition, freedom, patience, discipline, fearlessness, etc. And without realizing it, we expect their presence to activate those parts of us. When it doesn't, we start to feel frustrated, disappointed, or even resentful.

The truth is, being close to someone who embodies the traits we desire doesn't transfer those qualities to us. It reveals where our own development is asking for attention. So, when you find yourself at odds with your partner, pause and ask yourself:

- “What quality in them am I struggling to accept, admire, or understand, and what does that say about what I haven't yet accepted in myself?”
- “What do I envy or admire in them that represents who I wish I could be more of?”
- “Right now, my partner is making me feel _____. I wish they'd make me feel _____ instead, because I want to see myself as someone who is _____.”
- “If I already believed I was that person, how would I respond differently right now?”

These questions aren't about blame. They're about recognition. Because every moment of admiration and every ounce of envy is really your Ideal Self whispering, “I'm still in here. You don't have to borrow me. You just have to let me come out of hiding.”

Every reaction, every trigger, every moment of envy or admiration is an invitation, not to fix your partner, but to find yourself. The Ideal Self you've been chasing through love, approval, or proximity has been within you all along.

Doing this work isn't about changing who you are. It's about seeing who you've always been and honoring yourself enough to finally live from that place.

Because here's the truth:

KNOWLEDGE IN AND OF ITSELF DOESN'T CREATE CHANGE.

APPLIED KNOWLEDGE DOES.

So take the next step.

Do the work.

And watch how love starts to feel different. Not because your partner changed, but because that version of you was already living in you.

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