

P E R S O N A L O P T I M I Z A T I O N



A GUIDEBOOK



LOTASI
OWN YOUR HEALING



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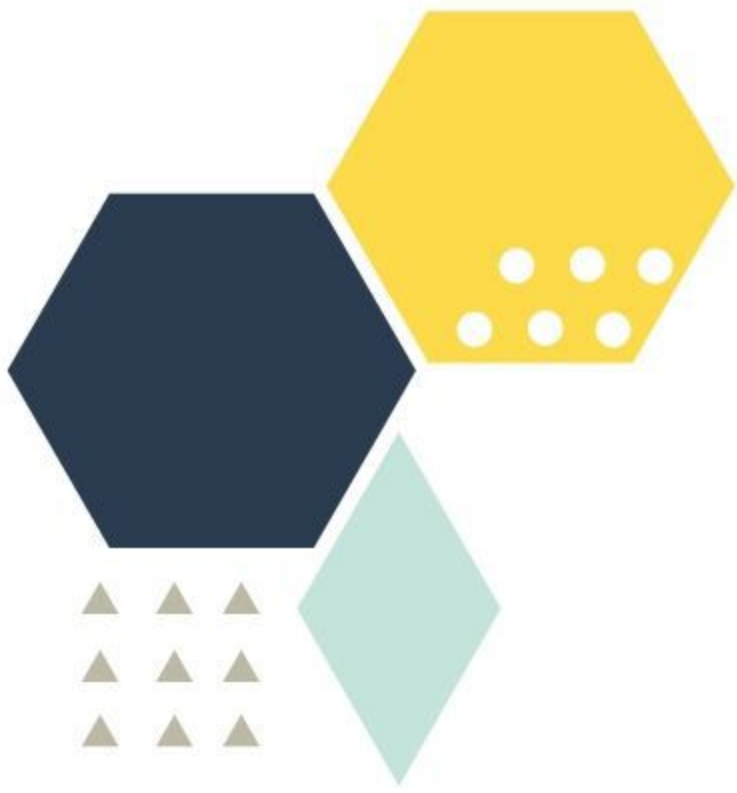


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**OPTIMIZING YOUR
STRENGTH IS NOT
OPTIONAL, IT'S
AN OBLIGATION.**

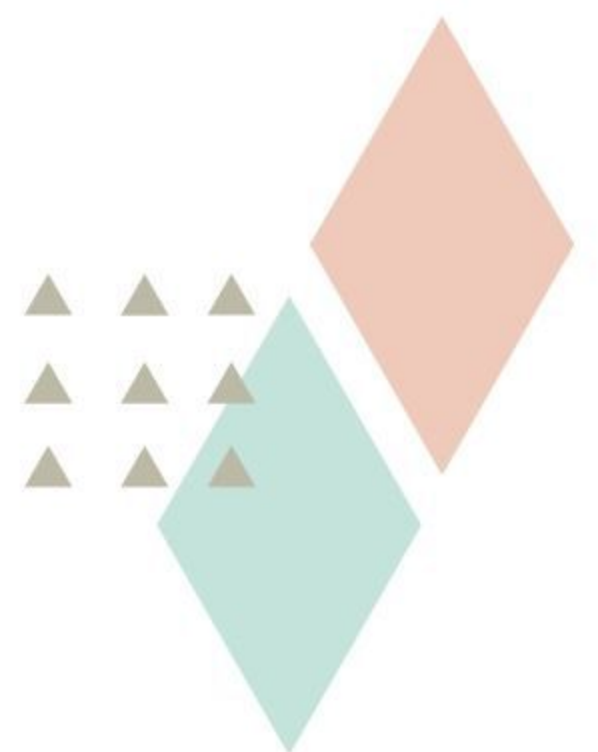
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J. R. RIM



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introduction

To optimize is to make the best of a situation or a resource. It is the continued action of making something as effective as possible. As human beings, we first get to understand the world and our place in it through our caregivers. Our beliefs and attitudes about what it means to be human are shaped in our formative years based on what we experience and observe. We then grow into adults who replicate that which we saw our caregivers do. However, we have the capacity to be and do things differently.

Each of us has just one chance at life. We can choose to live that life as a copy of those who came before us, repeating their successes and avoiding their failures, or we can choose to chart our own path in the world. Every day presents an opportunity to learn, and through personal experiences, there are those things we come to know to be true for ourselves. Sometimes, we have desires that force us to seek out these truths for ourselves, and other times, a truth we have come to know elicits within us a desire.

If you are reading this book, the following desire or truth resonates with you; I can be better. Whether it means to be a better lover, friend, parent, employer or advocate for the environment, you recognize that you can show up for yourself and others in your life in a fuller way.

In order to optimize, one must have a criteria for success. In order to make something more effective, you need to be clear on what it is you want it to achieve, in order to measure success. In a bid to achieve **Personal Optimization**, it would be beneficial to understand what it is you have been doing that works, what doesn't and what needs to be adjusted. This handbook has been designed to act as a guide to help you better understand these aspects in the major facets of life. By so doing, you can begin to create the criteria to determine how you can optimize your mind, body and spirit to experience the fullness and beauty of your life.

We have chosen ten major categories and in each category, you will be presented with questions to answer. The questions have been segmented into a section that pertains to self, and another addressing how you relate with others. It is important to note that what shows up in our relationship with others is a reflection of what is going on within us. As within, so without. Tackling both sides of the coin will provide perspective you might not have previously had. Using your relationships with others as a mirror is a great way to check in and hold yourself accountable to implement the change you want to see.

The questions in the book are general yet thought-provoking. They are not exhaustive. They are simply meant to stir up within you the curiosity to explore hidden aspects of yourself and bring them into consciousness. You will find that additional questions may arise within you during the process. Note them down and answer them as genuinely as possible and begin to experience the shift into a more expansive version of yourself.

It is our hope that this book enables you to better understand yourself and improve your relationships, and ultimately give you the power to create a life you love.

JOURNAL



guidelines

- Before starting each section, take a minute to ground yourself. Take five deep breaths in through the nose and out through the mouth.
- Answer the questions in a separate book, one that you shall dedicate to the optimization process.
- You can choose to start with any category of the ten.
- Set yourself apart from any source of distraction. Give yourself an hour per category in order to tackle them as deeply and honestly as possible.
- We recommend that you undertake just one category a day in order to allow the insights to sink in.
- At the end of each category, use the provided worksheet template to note down insights gained, as well as set intentions for your optimization action plan.
- When done, sit in silence with your eyes closed for five minutes. Take note of any thoughts, feelings or bodily sensations that may arise.

emotions

SELF:

What is my distress tolerance level?

What is my relationship with shame, guilt and regret?

How quickly can I recognise a feeling I am experiencing?

When do I feel the most joy?

What has caused me the most pain?

In what ways do I avoid my feelings?

What does worthiness feel like for me?

What things make me feel unsafe?
- How can I create a feeling of safety in those situations?

When do I feel most confident?

What brings up insecurity in me?

What does it mean to feel love?

In what ways do I show gratitude?
- How often do I do it?

OTHERS:

How attuned am I to other people's emotions?

When have I caused another person to feel shame, guilt or regret?

How often do I consider other people's feelings before mine?

Am I able to tell other people how I really feel?
- If so, how often do I do it?
- If not, what blocks me from doing so?

To what extent will I go to make other people happy?

How do I show up for people when they need emotional support?

How open am I to giving and receiving compliments?

In what situations do I get a bad feeling about someone?
- How often have I been wrong/right?

How often do I share my feelings when in conflict?

behaviors

SELF:

How often do I speak up when I feel my personal rights have been violated?

What productive habits have I been reluctant to pick up?

What reactive behaviors do I need to drop?

How often do I ask for and accept help?

When do I know to let go?

When do I know to be persistent?

In what ways do I hold myself accountable?

How often do I complain?

Do I take the time to cultivate new habits?

- If so, in what ways do I maintain them?
- If not, what barriers prevent me?

What do I do to calm myself when feeling overwhelmed?

What place does punishment and/or reward have in my life?

OTHERS:

Have I ever acted in a way that violated another person's rights/freedom?

- If so, how quick was I to recognize this?

In what ways have I been critical or judgmental of others?

How often do I respond to other people's request for support?

How often do I communicate my needs (and values) to other people?

In what ways do I offer people assistance?

What are the ways in which I manage conflict with others?

In what situations do I attempt to control the behavior of another person?

- How can I better communicate the underlying concern?

How do I handle confrontation from others?

How often do I rescue people from the consequences of their actions?

work

SELF:

How fulfilled am I with the work I am currently doing?

If I could do the work I really wanted, what would it be?

- What is preventing me from pursuing this?

What does success mean to me?

- How am I currently working towards it?

What achievement(s) am I most proud of?

In what ways do I grow my skill set?

What do I consider my gifts and abilities?

- Does my work currently allow me to utilize them?

What priority level have I assigned to my work?

- Is this serving my greater good?

How do I work through slumps in productivity?

In what ways does my attitude towards work affect my performance?

OTHERS:

In what instances does working with others feel like collaboration and when does it feel like competition?

What factors determine who has authority in the workplace?

- What is my relationship like with authority?

How often do I seek support with work?

In what ways do I allow the expectations/demands of others determine my output?

What are my strengths and weaknesses when working in a team?

What work principles do I hold other people accountable to?

- How often do I communicate this to them?

How would people I have worked with describe my leadership qualities?

What relational principles and life skills have proven beneficial when applied at work?

money

SELF:

How content am I with the amount of money I am earning now?

What measures have I put in place to grow my income?

What are my measures of financial success?

What factors do I take into account when considering a purchase?

How often do I experience feelings of guilt or regret when using money?

- What situations had me feeling this way?

What is my current expenses and savings ratio?

In what situations am I happy to spend money?

What do investments mean to me?

How much money do I feel I am deserving of?

What feelings and body sensations can I pick out when I think about money?

OTHERS:

How do I determine who needs my financial assistance?

What markers do I use to determine other people's financial success?

How often do I compare my financial status with others?

In what ways does societal pressure influence what I do with my money?

What beliefs about money have I inherited/picked up from others?

- In what ways are these beliefs contributing to my financial wellness?

How are the people in my life affected by how I use my money?

What factors determine when and who I ask for financial assistance?

How often do I discuss financial matters with people in my life?

In what situations have I been in conflict with others over money?

community

SELF:

How do I determine who my friends are?

In what ways do I foster closeness?

What values do I seek out when forming friendships?

How do I determine who makes it into my inner circle?

What criteria do I use to determine unhealthy dynamics among my friends and family?

- How often do I speak up about it?

In what ways do my friendships help me to get to know myself better?

Which of my needs do I feel are being met by my community?

How do I feel about myself when I am around family/friends?

What are my thoughts/feelings about the people I am no longer close with?

How consistent am I in the way I show up for my community?

OTHERS:

In what ways do I handle disappointment or being let down by others?

How would I describe my relationship with my family?

Who can I count on as part of my support system?

In what ways is my community contributing to achievement of my life's dreams?

How would my friends and family describe me?

In what ways do I show others that I value them?

How receptive am I to advice and suggestions from people around me?

What traits within myself do I believe my friends would be happy to pick up?

How have I contributed to and/or hampered growth and change in my friends' lives?

mindset

SELF:

How often do I admit when I do not know something?

In what ways does my current self-talk match my aspirations?

What thoughts from my past have shaped my current reality?

What does the story of my life sound like? (not less than 3 paragraphs)

How can I determine if I have an abundance or a lack mind-set?

What are my beliefs around the concept of luck?

How often am I able to achieve the goals I set for myself?

In what ways do I work to overcome and/or release mental barriers?

What does it mean to step out of my comfort zone?

- How often do I do it?

What are some of the generalizations and stereotypes I have formed?

OTHERS:

How many people in my life match my mind-set?

What do I believe leads to other people's success?

In what ways can I begin to engage with people whose mind-sets I desire?

What thoughts run through my mind when I think of sharing a new idea with people?

- Are they helpful or harmful?

What factors do I take into consideration when determining who is more or less accomplished than I am?

What do I think people find attractive about me?

How has my environment, and the people within it, shaped my mind-set?

What are my dominant thoughts when faced with uncertainty in relationships?

What do I think it means to use or be used by others?

body

SELF:

What signs show up to let me know that I need to rest?

What words do I use to describe my body?

What ritual(s) do I practise to invest in my physical and mental health?

What parts of myself have I been unwilling to accept?

In what ways do I nourish my body and mind?

What does my self-care practice entail?

What factors influence how I view my body?

What does a healthy diet look like for me?

What words of kindness and gratitude do I offer my body?

What kind of clothes do I feel most comfortable in?

How satisfied am I with my current food habits?

OTHERS:

What physical activities do I like to engage in with others?

How often do I make remarks about other people's physical appearance?

In what ways has my body image affected my social connections?

In what ways do those I spend time with support my physical and mental health?

How do my loved ones make me feel about my body?

What societal ideals about appearance have I internalised?
- How helpful/harmful are they?

What do my contributions sound like when in conversation with others on the subject of physical appearance?

In what ways does the way I carry myself encourage body image satisfaction in others?

In what ways has physical appearance influenced my intimate relationships?

SELF:

What factors do I consider when choosing what to do with my free time?

On a regular day, am I content with what takes up most of my time?

- If not, what adjustments do I want to make?

How do I determine whether or not I have been productive with my time?

What beliefs do I hold about wasting time?

In what ways does procrastination show up in my life?

How satisfied am I with my time management skills?

What do I consider to be the value of my time?

What would I say my priorities are, based on the things I spend most time on?

Where in my life would I like to take more time to make decisions?

OTHERS:

In what ways do I try to control how other people spend their time?

What expectations do I have of how to spend shared free time with my friends/partner?

When given a deadline, how often do I complete the task(s) without requesting extra time?

How often have I been in conflict with others over time management?

In what ways have I managed to save other people time?

- In what instances have I wasted other people's time?

How do I handle situations where people do not meet my time expectations?

How often am I able to be in the present moment while with others?

How do the people I interact with speak and think about time?

spirituality

SELF:

What do I think it means to be spiritual?

What spiritual principles guide me in life?

Who am I devoid of my roles and labels?

In what ways do I nourish my spirit?

What enlivens my soul?

How have miracles manifested in my life?

What does faith and hope mean to me?

How do I tune in to my inner guidance?

What does being compassionate look like for me?

How often do I encounter challenges on my spiritual path?
- In what ways do I navigate these challenges?

What are my sources of inspiration?

OTHERS:

How do I practice forgiveness of others in my life?

In what ways am I of service to humanity?

What qualities draw me to people I feel a connection to?

What kind of support have I provided others to foster their spiritual growth?

How often do I commune with like-minded people?

What is my relationship like with people of a different spiritual inclination?

What spiritual beliefs have I inherited from those who came before me?
- Which ones have I come to know to be true for myself?

In what ways do I impose my spiritual beliefs on others?
- Has it proven helpful or harmful?

How important is spirituality in establishing a relationship?

relationships

SELF:

What lessons have I learned in love?

What are my boundaries and how do I maintain them?

How do I maintain a sense of autonomy in relationships?

What are my relationship needs?
- In what ways do I make them known to my partner?

What issues am I usually afraid to address?

In what ways do I deal with heartbreak?

What do I bring to the table in relationships?

How do I feel about solitude?

In what ways do I take responsibility for my own fulfillment?

What are my dominant thoughts and feelings around breaking up?

What does a safe relationship look like to me?

OTHERS:

How do I determine who to be in relationship with?

What relationship aspects am I insecure about?

- How clearly do I communicate these?

In what ways do I like to feel needed by my partner?

What relational expectations do I have of my partner?

What factors do I take into consideration when developing shared relationship goals?

How do I offer appreciation to my partner?

In what ways do I work towards repair of the relationship during/after conflict?

What does intimacy look and feel like?

In what ways does my past affect my relationships?

What are my relationship deal breakers?



worksheet

CATEGORY: _____

INSIGHTS:

ACTION PLAN:

OBJECTIVE <i>List of goals</i>	TASKS <i>What I need to do to achieve the goals</i>	SUCCESS CRITERIA <i>How will I identify my success</i>	TIME FRAME <i>By when will I have completed the tasks</i>	RESOURCE(S) <i>What/who can help me achieve my goal</i>





about us

Lotasi, a loose Swahili translation of the lotus flower, is a wellness brand that seeks to provide services and products to support individuals in their efforts to restore themselves to wholeness.

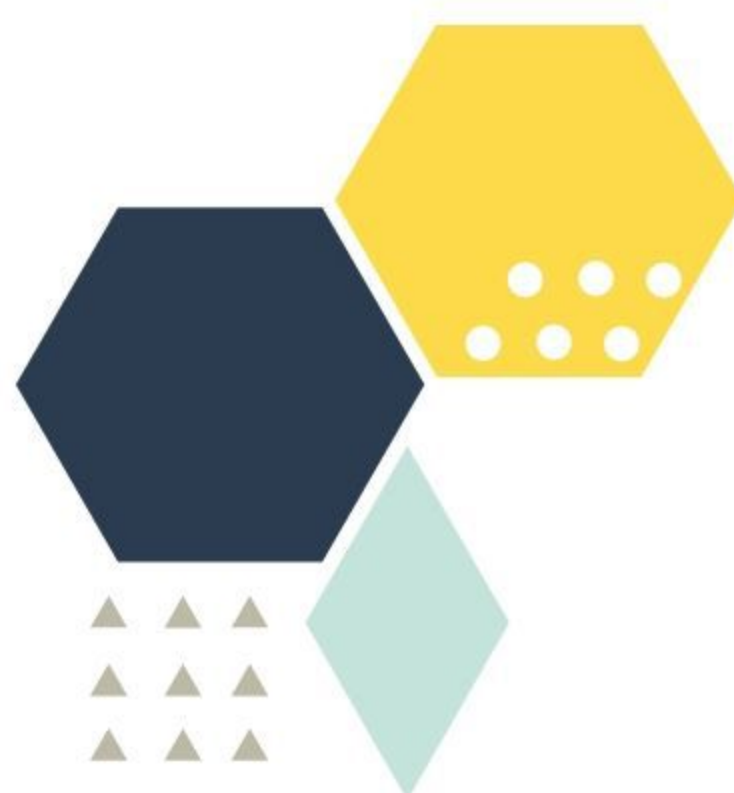
Just like the lotus flower is able to blossom beautifully despite the murky water around it, we believe that as you go through the motions of life, and things start to feel off kilter, you can always work through it and rise above it. Whether you are dealing with a difficult past, unfulfilling work, a less than ideal relationship situation or recent trauma, we work with you to tap into your internal resources so as to emerge on the other side triumphant.

We provide guidance from a holistic approach, working on your mind, body and spirit as you take back your power and **own your healing**.



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