

A CHEATSHEET FOR LEADING FROM YOUR AUTHENTIC SELF

UNDERSTANDING YOUR  
CONDITIONED SELF  
VS. YOUR GREATER SELF

*COMPANION BONUS MATERIAL FOR EPISODE 455*

THE  
**UNSTOPPABLE**  
*Woman*<sup>®</sup>

One of the biggest secrets to leading authentically is becoming aware of when you show up as your Conditioned Self or your Greater Self.

Throughout the day, and especially when you're making decisions or having conversations with others, ask yourself if you are making decisions from your Conditioned Self or your Greater Self.

**THIS CHEAT SHEET SUMMARIZES THE CORE INSIGHTS FROM PODCAST EPISODE 455 AND THE DISCUSSION ON DIFFERENTIATING BETWEEN YOUR CONDITIONED SELF OR YOUR GREATER SELF.**

**PLEASE PRINT IT OR SCREENSHOT IT AND USE IT AS A REMINDER THROUGHOUT YOUR DAY.**

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UNSTOPPABLE  
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### **Conditioned Self: When You're In a Habitual Response That Is Not Serving You**

- Feels tight, heavy, tense, contracted, small, or stressed in your body.
- Associated with a racing mind that second-guesses.
- Wrapped up in internal thinking and emotional hooks.
- Negative thoughts and emotions dominate. This can be slight or great.
- Manifests through habitual reactions to daily stresses and challenges.

### **Greater Self: When You're Aligned With Your Truth And The Order of The Universe**

- Feels guided, aligned, and tremendous; akin to being in love with life.
- Associated with a calm mind that's confident and at ease.
- Connected to source, spirit, and the energy of the universe.
- Embraces flow, joy, regardless of external circumstances.
- Manifests through being open, allowing, and supported by life.

### **Additional Tips For Living From Your Greater Self**

- Notice your conditioned habits and grant yourself permission to respond differently.
- Pause, take a step back, and decide if this is how you want to show up.
- Make conscious decisions that align with your Greater Self, even if they "feel wrong."
- Embrace the risk of "doing it differently" to build trust in your capabilities and instincts.
- Understand that transformation, and leading differently, involves stepping into unknown territories, which requires both courage and faith.
- Allocate time for self-reflection to more fully recognize your conditioned behavior.
- Step out of your ordinary routine and existing environment to remove yourself from the triggers of your daily life and allow yourself the opportunity to show up differently.



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# AMIRA ALVAREZ

Amira Alvarez, Founder and CEO of The Unstoppable Woman® and host of The Unstoppable Woman® podcast, is a celebrated entrepreneur, who inspires already accomplished women to achieve further financial wealth and success while leading exquisitely fulfilling lives.

After achieving a remarkable fivefold income increase in one year and building a multimillion-dollar company, she found harmony between ambition, spaciousness, and contentment. Unwilling to compromise her drive for success, she crafted a methodology for an exquisite life, allowing individuals to embrace their inner drive while finding deep fulfillment.

Her path guides high-achieving women toward a life rich inside and out, where they realize their dreams without diminishing their hard-earned successes. Amira challenges the notion that we can't have it all, leading a movement that redefines possibilities, potential, power, and ambition for women.

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