

SEE it.



BE it.

**See yourself as you want to be. It is the inner vision
of our self that shows itself to the outer world!**

Your imagination is the preview to life's coming attractions.

Albert Einstein

SEE it.



BE it.

Effecting changes to our present self-perception to better reveal our *true* inner Self is not something we have to “work at”. It is a transformation that will naturally occur once we genuinely understand how to **BE** what we **SEE** as a better vision of ourselves!

The concept of **SEE it. BE it.** can help simplify the process of BE-coming your true Self by isolating and clarifying the inner qualities that comprise the higher vision of yourself.



The SEE it. BE it. Concept consists of getting out of your head and into your heart. Inner self changes to realize a higher self-vision should not be initiated through the conditioned, judgmental and conformist dictates of our mind! A beautiful, new self-perception is best *sensed* as a “feel good” energy in your heart, because your true Self is giving you a big thumbs up!

There are 3 steps to the SEE it. BE it. Concept:

1. **Heart Vision:** Compose a written answer to the question: What qualities do I *feel* are a part of a higher vision of my inner self?

This step helps you create your new self-perception by isolating the qualities that *feel good* to you, versus any qualities that you *think* should be part of who you are. This is why you must follow your heart in this step and examine the feelings you associate with different qualities. Remember that you are creating a vision of who **you** truly are, which is a very unique self-perception. Take your time with this step as it will provide you with the clarity you need to generate your vision!

(Some qualities are listed at www.seeit-beit.com. Click on “SiBi Savvy” tab.)

2. **SEE it. Image:** SEE your vision by isolating the qualities from your Heart Vision to create a picture of who YOU truly are!

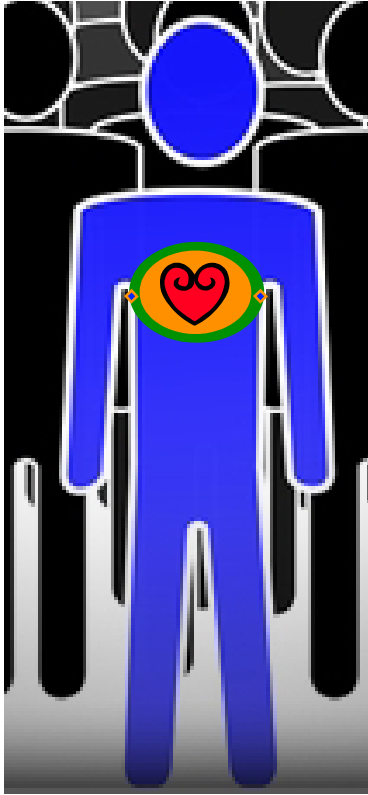
This step helps to you SEE the inner qualities that have higher “value” to you from your Heart Vision. The benefit of this exercise is that it will give you a visual image of what YOU feel is your true inner Self! Each quality that you included in your Heart Vision should be listed on your new image. Write down under each quality what *you* understand embodies that particular quality. Note that the definition of “embody” is *to make concrete or perceptible*. So in this step you are giving a physical perceptibility (i.e. How will I physically *actualize* this quality?) to each of your, unique qualities!

3. **BE it. Statement:** Compose a statement that provides you with a “working” understanding of your newly created higher Self vision!

This written statement should include all the qualities you listed on your SEE it. Image and convey, in words, what you will now SEE as the inner vision of YOU! When you read your statement each day, it will begin to transform, to change, your old self-perception. This statement is **your** inner “Vision Statement” and will function similar to that of any business vision statement....it will guide your thoughts, words and actions so that you will BE your *true* Self image!

SEE it. BE it. Concept

2. SEE it. Image



Use back of sheet to list additional qualities.

Quality: _____

Quality: _____

Quality: _____

Quality: _____

Quality: _____

Quality: _____

Quality: _____

SEE it. BE it. Concept

3. BE it. Statement

