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Know Yourself

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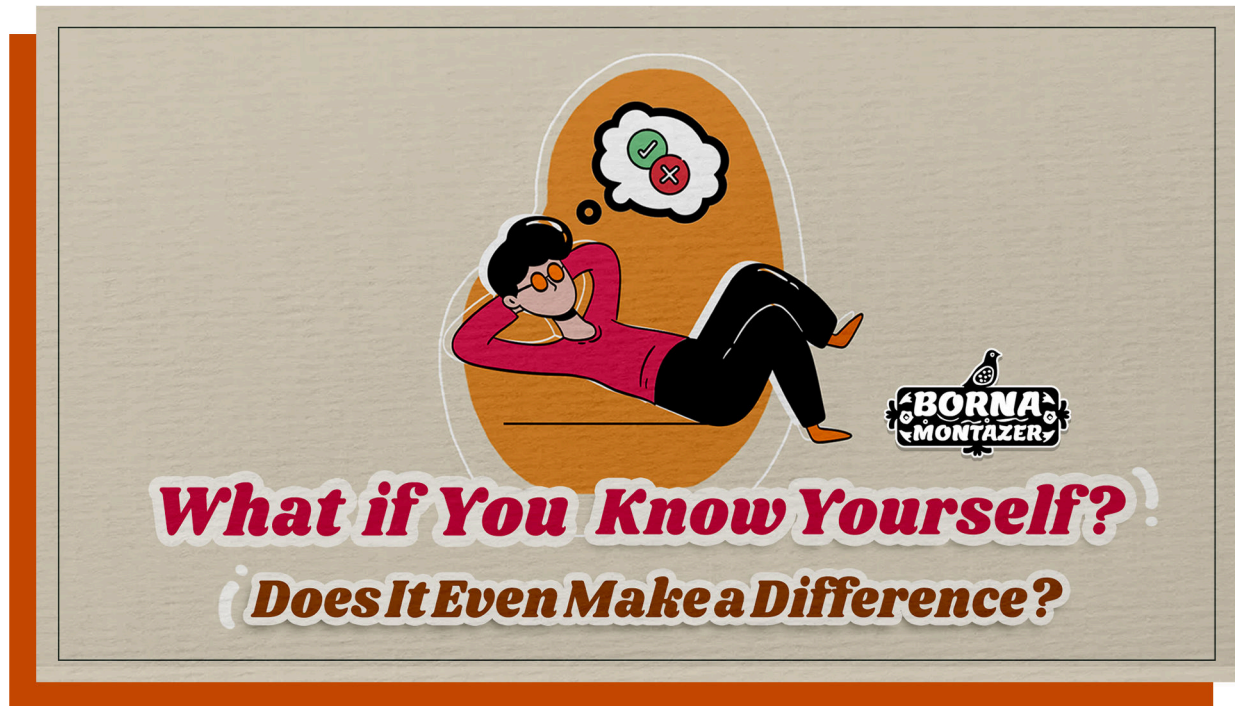
What if  
You Know  
Yourself?

Does It  
Even  
Make a  
Difference?



## ■ ***What if You Know Yourself?***

***Does It Even Make a Difference?***



### ■ **Why Should I Know Myself?**

**Self-Knowledge is My Inner Adventure!**

Which one of these sounds like you?

- You've got an astronomy kit and have been obsessed with stars since you were a kid?
- You know all the football players—even the juicy stuff about where they were born and how they blew up?



- You're all about imaginary adventures and have read at least fifty novels about them?
- You're the boss of the school's software club and everyone hits you up when they're stuck on apps?

**Being a whiz in any science or skill is seriously cool!  
That hunger pushing you to learn more? That's your inner  
world's thirst for knowledge!**

**But inside all of us, there's a kid—a little kid—who's actually  
the real boss behind our success, personality, and confidence!**

- Have you ever heard that child crying inside you?  
Ever felt like giving that child what it really needs?  
That child doesn't ask for food unless it's hungry!
- So to answer these questions, you gotta find that child  
inside you and figure out what kind of hunger it has—kind  
of like the game "Po"!

## ■ *When We Yave No Clue...*



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- Ever caught yourself asking, “Who am I, really?” or “Why should I know myself?”

At first, those questions seem easy—but answering them can kick off a huge adventure.

We humans are curious about everything—from cosmic secrets to tiny microbes.

Just think: there are over 5900 college majors, each trying to explain some part of the world.

But the place we often forget to explore? Our inner world! Basically, we’re all explorers who wanna discover everything—but sometimes forget the most important discovery is ourselves!



Self-knowledge is like a secret treasure map showing how to use your talents and interests best.

### ■ Curiosities That Actually Matter

From when we're kids until we grow up, there are some questions that just stick with us, and we never stop looking for answers; like:

- Why am I here?
- What happens if I'm not here someday?
- What's after death?

No worries, it's totally normal to be curious about different stages of life.

These questions help us find real meaning in life and affect our choices too.

Honestly, we all wanna know where we came from, what we're doing here, and what happens after we die!

The cool part? Each question is a clue to a treasure map—leading us on a journey to find the hidden treasures inside ourselves.

So every important question in your mind? It's a path to that big treasure—your true self!

## ■ Your Inner Superhero!

Still wondering “Why should I know myself?

” Self-knowledge is a personal trip that shows you your real, hidden powers.

Seen how superheroes discover their powers and start doing crazy amazing stuff?

You’re just like that!

You might think you’re just a regular teen, but self-knowledge can introduce you to your inner superhero—someone with secret powers who can even change the world. All you gotta do is want it and get to know yourself better to see how crazy powerful you really are!

Like an adventurer facing new stuff every day, self-knowledge lets you dive deep inside yourself. A place to get tight with your strengths and weaknesses.

It’s a powerful tool, like a microscope for the tiny stuff or a telescope for faraway stars.



### ■ Listen to this podcast;

You probably have tons of stories like this—times when you suddenly just lost it, without being able to control or even think about it, and turned into someone you didn't wanna be!



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### ■ ***Dreams That Fly High With Self-Knowledge***

When you know yourself, your dreams don't stay small—they grow huge.

If you just live day-to-day and don't think ahead, one day you'll feel stuck behind; maybe you've felt that!

Self-knowledge helps you plan not just for now, but for your future.

Knowing why you gotta know yourself helps you deal with life's ups and downs better too.

Want to build a tower? What's step one?

Right! Make a strong base!

Self-knowledge is that strong base for building big dreams.

When you know yourself, your dreams don't just fit your teen years—they grow wings for your whole life.

We talk more about this here:

### ■ *How to Wake Up Your Inner Superhero!*



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### ■ *When You Know Yourself, You See The World Different*

Starting a new video game? What's first?

Learning the buttons and rules, right?



Life's a huge game, and without knowing its rules—especially the big one, knowing yourself—you can't win.

Self-knowledge helps you get the rules and figure out how to play for the best win.

It's like seeing the world through a bigger window with clear vision—like special glasses showing colors you never saw before.

Ever wonder how some people always know what to do and get through tough spots?

Their secret? They know themselves well.

When you know yourself, you get your talents, likes, and limits—and make better life choices.

So self-knowledge is not just a window to your inner world but a key to cracking the mysteries outside too.

### ■ ***Time to Start!***

Imagine waking up one day and forgetting everything about yourself.

Not knowing what you like or hate, not even what to do when you're thirsty.

Now imagine that happening on a bigger scale.  
Basically, if you don't know why you're here or what you want from life, how do you take solid steps forward?

Now that you get how important self-knowledge is and why you need it, it's time to start this epic journey.

Make this journey a big adventure in your life.  
Every step brings you closer to your true, happy self.  
So just ask: "Who am I and why should I know myself?" and start the road to finding yourself—not just to know, but to become your best version.

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