



# Pyramid of Self-Mastery

## Self-Mastery

Gaining  
mastery  
over our actions

Self-

Transformation  
Transforming  
our inner selves

Self-Love

Acceptance and compassion  
for ourselves

Self-Understanding

Knowing why and what things we do

Self-Exploration

Looking into our own feelings, thoughts and  
emotions

Self-Awareness

Knowing that something needs to be changed

