



Discovering Your Strengths

Hey welcome to Module 2 Lesson 2. I am so excited for you. We are all born with unique strengths that contribute to the whole of society. It is when we use those strengths as gifts given that we are being our authentic self. Our life then becomes one of ease and synchronicity.

There will be some challenges, but those challenges will be easier to navigate.

What you're Going To Do:

- An 8 step process to use success stories to reveal your strengths

One of the best proven ways to discover your strengths is to recover memories of how you made successes in your life.

Those successes could be small or big. The key is that you felt successful when you did it. It does not matter how anyone else felt about your success. This only has to do with how you felt about it. You're also going to learn about the

- Kinds of success stories to consider

And you're going to

- Use the list of strengths with definitions to determine your strengths

Kinds of success stories to consider:

Maybe you accomplished learning a new skill

Or maybe Convinced someone to take actions

Maybe you Created something new or a new way of doing something

Think about those.

Kinds of success stories to consider (cont.):

Some other ways: Maybe you came up with an innovative idea

Or you solved a problem

Or you learned something challenging

Kinds of success stories to consider (cont.):

Maybe you discovered something

Or you created a plan for something

Or organized a group

Kinds of success stories to consider (cont.):

Maybe you built something

Did you do something that reformed or changed someone or something?

Or maybe created a new environment that was good, right and true

Kinds of success stories to consider (cont.):

Or helped someone or performed an action of service

Or made significant inner change with yourself

Maybe you helped someone else make a change within them

All of these are ways that you may have expressed your natural strengths.

Worksheet an 8 step process

The worksheet “Discovering Your Strengths” is an eight step process to complete.

And I'd like to walk you through these worksheet 8steps now.

Step 1: Discovering Your Strengths

Remember Your Successes

One great way you can discover your strengths is to remember 3 different success stories that you accomplished during your life.

Think of 3 success stories you feel that you succeeded at something, no matter how big or small. The key is that you felt that you succeeded in accomplishing something. Maybe you were part of a team or helped someone else succeed with their goals. It could be a story of how you helped someone. It could have been learning a new skill. It could be a story of how you got a new job or a new position in your line of work. Some people start a business or try new ways of making an income. It could be a story where you tried executing a newly learned skill or technique.

Step 2: Discovering Your Strengths

Recall Events

Keep each story in mind as you then recall the events that took place in as much detail as you can remember. What were you trying to accomplish, who was there with you (friend or foe), what obstacles were in your way, were you trying to solve a problem, were you trying something new, did you help or change someone, were you developing a new skill, or were you proving to yourself you could accomplish something? Maybe you come up with new ways that include deeper richer meanings to mankind beyond the goals being set. That would be a **visioning** strength. For example: Steve Jobs didn't just create a phone, he had a vision to connect people all over the world. In a very deep way it wasn't just speaking to people. It was different ways of connecting and the iphone was developed.

Step 3: Discovering Your Strengths

What were your actions?

List the actions you remember taking. Think about actions you took to support others in helping this be a success. Maybe you are able to express the strength of **communication** by connecting with others to provide clarity that all can understand. Communication can be a learned skill or a strength, however as a strength, the difference is in the connection with people so they feel known at a soul level.

Step 4: Discovering Your Strengths

Plans?

Did you have a plan of what you wanted to do to accomplish your success, even if it was just in your mind? Recall as much as you are able to remember. Maybe you used the strength of **intellect** as your plans involved clear thinking and reasoning.

Step 5: Discovering Your Strengths

Response to Obstacles

How did you respond when obstacle came up? What did you think and feel? How did you relate to those who stood in your way? You could have the strength of **commitment** because you stayed to course to keep with what was agreed to.

Step 6: Discovering Your Strengths

Response to Support

How did you respond when others supported you? What did you think and feel if you can remember that? How did you relate to those who supported you? Maybe you had the strength of **will** that initiates actions to meet the goals of those that support you.

Step 7: Discovering Your Strengths

Find Your Common Traits

Now tell your story to someone you trust or to yourself in the mirror and notice your physical reactions while telling your stories. What common traits did you use with all your stories?

Step 8: Discovering Your Strengths

List of Strengths with Definitions in Worksheet

Use the checklist of strengths in the worksheet to help you see your strengths. Read the definitions and ask yourself “Does this feel like me?”.

There are common patterns that reveal the natural strengths you have while telling your story.

Some of the feelings you may for instance have while telling your story:

Strong

You Feel Supported

You Feel Trust

Think as you tell your story, the feelings that come up.

Feelings you may have while telling your story (cont):

Confidence

Nothing can stop you

Happy and Joyous

Physical indications while telling your story:

You may indicate while telling your story with physical indications.

A Tall posture

Your Head held high

A Firm countenance

Physical indications while telling your story (cont):

Maybe Your Shoulders Are Raised Up

Or Your Eyes Are Widened

Or You Have Strong Fists

Your Voice sounds when telling your story:

While telling your story, your voice gives you a clue as well. Your strengths will show up when your voice is:

Vibrant

Clear

Excited

Bold

Important Points

Don't forget to also download the bonus tip sheet to muscle test your strengths.

And reach deep theta by using ear listening devices while doing the meditation.

Now

Download the worksheet now and complete it now

Watch the guided meditation Feeling Strong and don't forget your bonus Tip Sheet.

And when you're done. Go to Module 3 to Discover Your Powers.