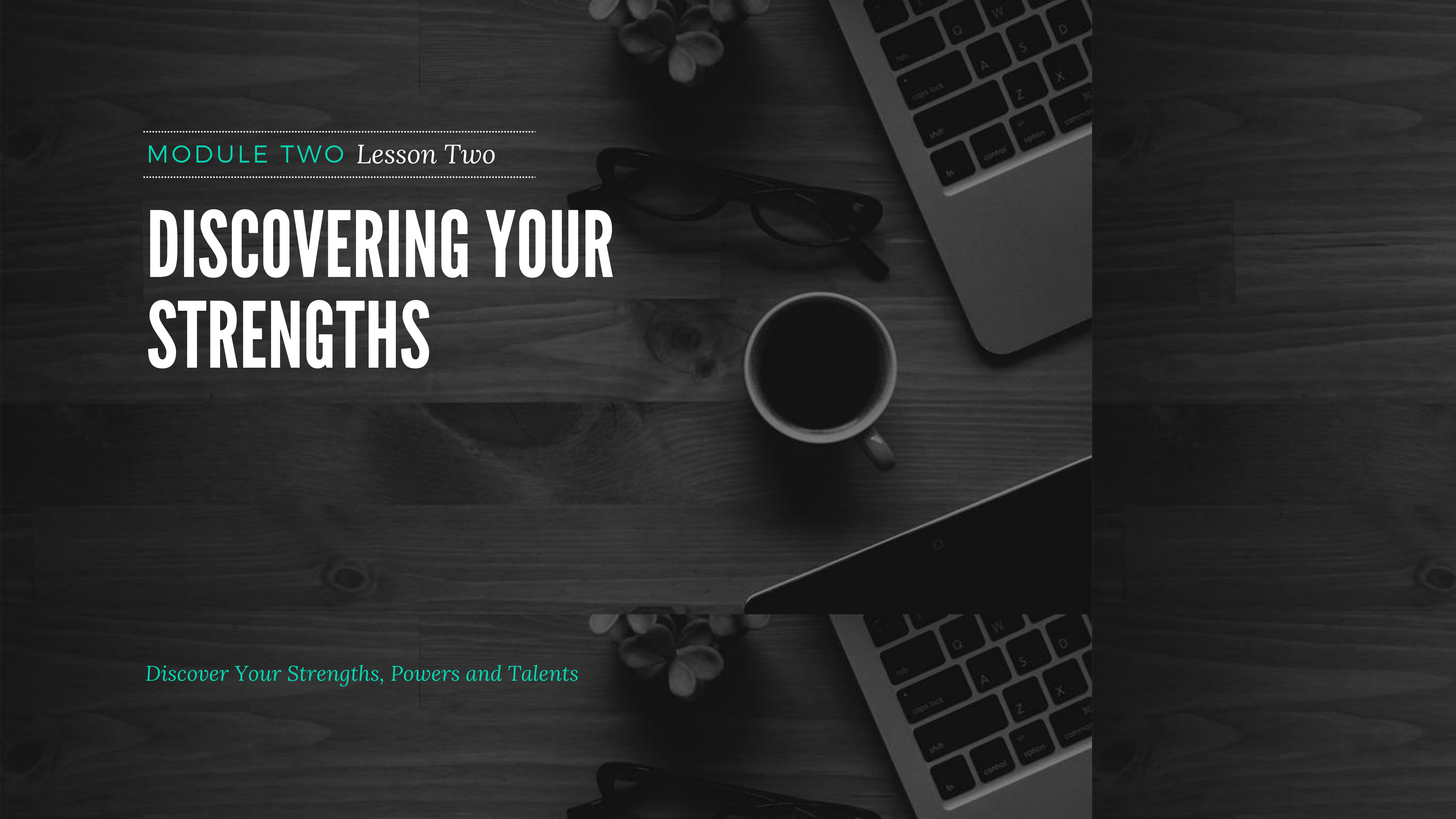




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MODULE TWO Lesson Two
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DISCOVERING YOUR STRENGTHS

Discover Your Strengths, Powers and Talents



WHAT YOU WILL LEARN

- ▶ An 8 step process to use success stories to reveal your strengths
- ▶ Kinds of success stories to consider
- ▶ Use the list of strengths with definitions to determine your strengths

KINDS OF SUCCESS STORIES TO CONSIDER:

- ▶ Accomplished learning a new skill
- ▶ Convinced someone to take action
- ▶ Created something new or a new way of doing something

KINDS OF SUCCESS STORIES TO CONSIDER (CONT.):

- ▶ Came up with an innovative idea
- ▶ Solved a problem
- ▶ Learned something challenging

KINDS OF SUCCESS STORIES TO CONSIDER (CONT.):

- ▶ Discovered something
- ▶ Created a plan for something
- ▶ Organized a group

KINDS OF SUCCESS STORIES TO CONSIDER (CONT.):

- ▶ Built something
- ▶ Reformed or changed someone or something
- ▶ Created a new environment that was good, right and true

KINDS OF SUCCESS STORIES TO CONSIDER (CONT.):

- ▶ Helped someone or performed an action of service
- ▶ Made significant inner change with yourself
- ▶ Helped someone else make a change within them



LESSON TWO *Discover Your Strengths*



STEP 1 DISCOVERING YOUR STRENGTHS

REMEMBER YOUR SUCCESSES

Discover Your Strengths, Powers and Talents



STEP 2 DISCOVERING YOUR STRENGTHS

RECALL EVENTS

Discover Your Strengths, Powers and Talents



STEP 3 DISCOVERING YOUR STRENGTHS

WHAT WERE YOUR ACTIONS?

Discover Your Strengths, Powers and Talents



STEP 4 DISCOVERING YOUR STRENGTHS

PLANS?

Discover Your Strengths, Powers and Talents



STEP 5 DISCOVERING YOUR STRENGTHS

RESPONSE TO OBSTACLES

Discover Your Strengths, Powers and Talents



STEP 6 DISCOVERING YOUR STRENGTHS

RESPONSE TO SUPPORT

Discover Your Strengths, Powers and Talents



STEP 7 DISCOVERING YOUR STRENGTHS

FIND YOUR COMMON TRAITS

Discover Your Strengths, Powers and Talents

STEP 8 DISCOVERING YOUR STRENGTHS

LIST OF STRENGTHS WITH DEFINITIONS IN WORKSHEET

Discover Your Strengths, Powers and Talents

FEELINGS YOU MAY HAVE WHILE TELLING YOUR STORY:

- ▶ Strong
- ▶ Supported
- ▶ Trust

Discover Your Strengths, Powers and Talents

FEELINGS YOU MAY HAVE WHILE TELLING YOUR STORY (CONT):

- ▶ Confidence
- ▶ Nothing can stop you
- ▶ Happy and Joyous

Discover Your Strengths, Powers and Talents

PHYSICAL INDICATIONS WHILE TELLING YOUR STORY:

- ▶ Tall posture
- ▶ Head held high
- ▶ Firm countenance

Discover Your Strengths, Powers and Talents

PHYSICAL INDICATIONS WHILE TELLING YOUR STORY (CONT):

- ▶ Shoulders high
- ▶ Eyes widened
- ▶ Strong Fists

YOUR VOICE SOUNDS WHEN TELLING YOUR STORY:

- ▶ Vibrant
- ▶ Clear
- ▶ Excited
- ▶ Bold

Discover Your Strengths, Powers and Talents

IMPORTANT POINTS:

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

and

- ▶ Reach deep theta by using ear listening devices.

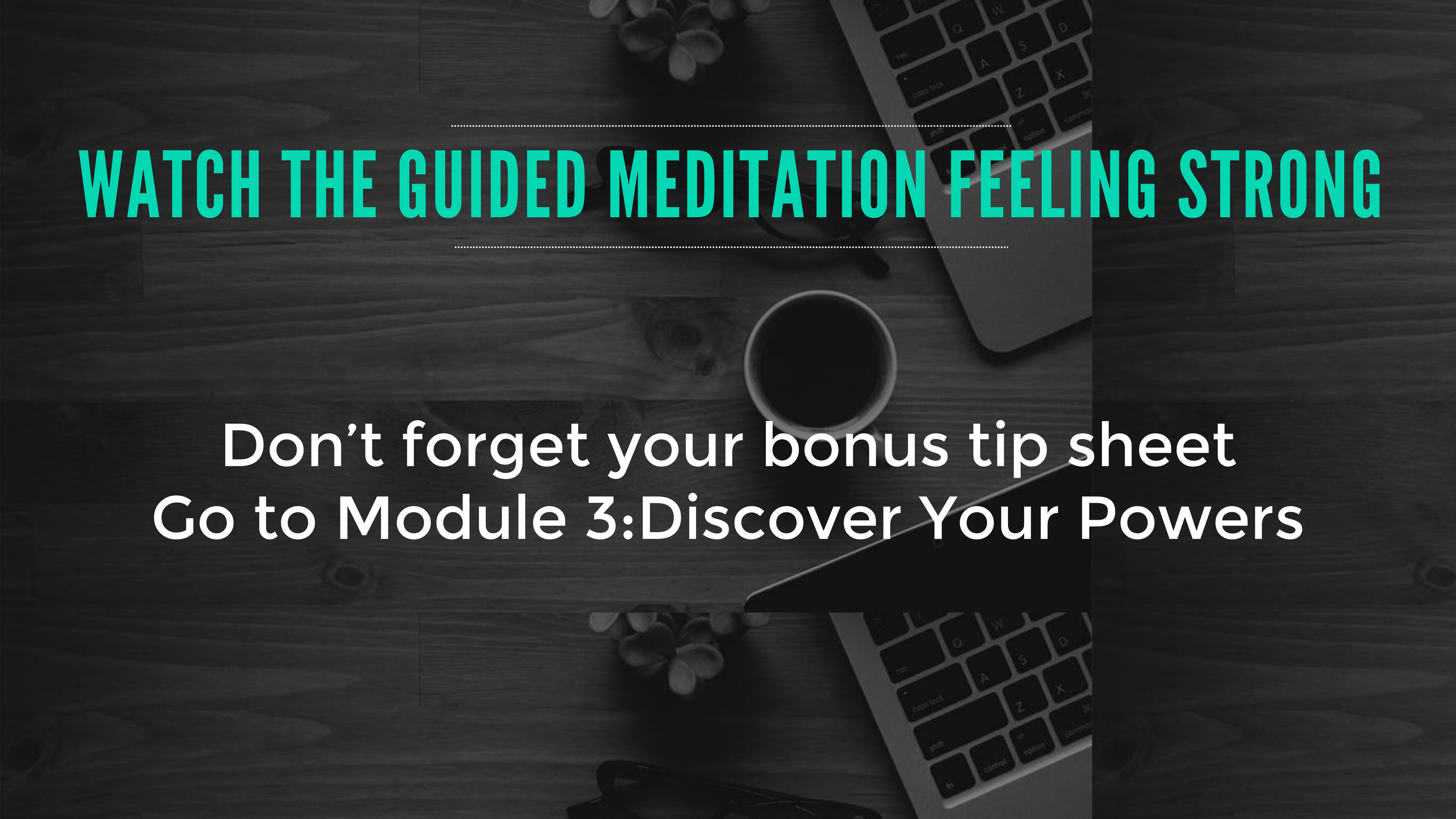
Discover Your Strengths, Powers and Talents



NOW

DOWNLOAD YOUR WORKSHEET AND COMPLETE IT

Discover Your Strengths, Powers and Talents



WATCH THE GUIDED MEDITATION FEELING STRONG

Don't forget your bonus tip sheet
Go to Module 3: Discover Your Powers