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MODULE FOUR *Lesson One*
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REPROGRAM YOUR BRAIN TO FEELING TALENTED

Discover Your Strengths, Powers and Talents



WHAT YOU'LL LEARN:

- ▶ What are talents
- ▶ How everyone is given 4 talent gifts
- ▶ To Uncover your sensory experiences for feeling lack of talent and talented
- ▶ To fill out the worksheet so you can do the meditation Reprogram Your Brain to Feeling Talented

LET ME WALK YOU THROUGH WHAT TALENTS ARE

- ▶ Some confuse talents with skills and strengths
- ▶ Talents are innate qualities you were born with
- ▶ Talents have much more to do with how your brain functions

FOUR TALENT AREAS:

- ▶ Amount of Right Brain thinking
- ▶ Amount of Left Brain thinking
- ▶ How Quickly Ideas Come Forward
- ▶ Degree of Spatial thinking

Discover Your Strengths, Powers and Talents

IN THIS LESSON YOU WILL:

- ▶ Fill out a worksheet for uncovering your sensory experiences for feeling a lack of talent
- ▶ As well as uncover your sensory experiences for feeling talented
- ▶ Do a meditation to reprogram your brain for feeling talented



LESSON ONE *Reprogram Your Brain to Feel Talented*



STEP 1 REPROGRAM BRAIN TO FEEL TALENTED

UNCOVERING YOUR SENSORY EXPERIENCES FOR FEELING A LACK OF TALENTS

Discover Your Strengths, Powers and Talents



STEP 2 REPROGRAM BRAIN TO FEEL TALENTED

**LOCATE YOUR SENSORY EXPERIENCES FOR FEELING
A LACK OF TALENT IN RELATION TO YOUR HEIGHT IN THE
SPACE IN FRONT OF YOU**

Discover Your Strengths, Powers and Talents



STEP 3 REPROGRAM BRAIN TO FEEL TALENTED

UNCOVERING YOUR SENSORY EXPERIENCES FOR FEELING TALENTED

Discover Your Strengths, Powers and Talents



STEP 4 REPROGRAM BRAIN TO FEEL TALENTED

**LOCATE YOUR SENSORY EXPERIENCES FOR FEELING
TALENTED IN RELATION TO YOUR HEIGHT IN THE
SPACE IN FRONT OF YOU**

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NEXT DO THE MEDITATION

REPROGRAM YOUR BRAIN TO FEEL TALENTED

- ▶ When you have a good idea in your mind after filling out the reprogramming worksheet in this lesson, do the guided video meditation.
- ▶ The video meditation guides you through minimizing your constricting emotions and maximizing your expanding emotions 4 times.
- ▶ Be gentle with yourself and surrender to your unique process.

IMPORTANT POINTS:

- ▶ You can have the best experience when using ear phones or ear buds for this meditation
- ▶ and
- ▶ When you can feel talented, you will be able to uncover your talents more easily



DOWNLOAD THE WORKSHEET NOW AND WATCH THE GUIDED MEDITATION

Start having talented feelings
Don't forget your bonus tip sheet
Go to Lesson 2: Discover Your
Talents