

MODULE FIVE Lesson

INCORPORATING YOUR STRENGTHS POWERS & TALENTS INTO YOUR DAILY LIFE

Discover Your Strengths, Powers and Talents



WHAT YOU'LL LEARN THE FOLLOWING:

- ▶ Why develop a plan.
- ▶ Some ideas to consider about not sacrificing your needs
- ▶ Steps to develop an immediate (days to weeks), near (months to year) and far term (1 – 5 year) plan for expressing your strengths, powers and talents.
- ▶ About the three accompanying meditations

WHY DEVELOP A PLAN

- ▶ There have been scientific studies that show if people are able to recall at least 3 small goals or accomplishments they are proud of each day that it reduces any stress in their lives significantly.
- ▶ The immediate plan helps you anchor being the real you Now and gives you some goals to be proud of.
- ▶ The near plan helps you continue being your authentic self and gives your subconscious mind the message you want to continue being the real you.
- ▶ There are also far term plans where others in your life are involved and making any change could impact them. You want the support of your loved ones to live your soul's purpose.

WHY DEVELOP A PLAN (CONT.)

- ▶ You want to consider if your specific strengths are a match with your current occupation.
- ▶ You also want to know what changes are required in your life to express being powerful and make those changes that stop you from being powerful.
- ▶ You want to make sure your talents are in alignment with your work and life decisions.

OTHER IDEAS TO CONSIDER

- ▶ Sometimes we feel others needs are more important.
- ▶ Sometimes others need to be put in a place of stress.
- ▶ Separate needs from wants and be fit by meeting your needs first.



LESSON

Incorporating your strengths, powers & talents into your daily life



STEP 1 INCORPORATING STRENGTHS POWERS AND TALENTS INTO YOUR DAILY LIFE

LIST YOUR STRENGTHS FROM MODULE 2

Discover Your Strengths, Powers and Talents



STEP 2 INCORPORATING STRENGTHS POWERS AND TALENTS INTO YOUR DAILY LIFE

LIST YOUR POWERS FROM MODULE 3

Discover Your Strengths, Powers and Talents



STEP 3 INCORPORATING STRENGTHS POWERS AND TALENTS INTO YOUR DAILY LIFE

LIST YOUR TALENTS FROM MODULE 4

Discover Your Strengths, Powers and Talents

STEP 4 INCORPORATING STRENGTHS POWERS AND TALENTS INTO YOUR DAILY LIFE

**DEVELOP AT LEAST 3 ACTIONS YOU CAN
TAKE IN YOUR DAILY WORK OR ROUTINE
THAT YOU CAN TAKE IN THE IMMEDIATE,
& NEAR TERM. THEN TAKE THOSE SMALLER
STEPS TOWARDS ACTIONS FOR FAR FUTURE.**

Discover Your Strengths, Powers and Talents



STEP 5 INCORPORATING STRENGTHS POWERS AND TALENTS INTO YOUR DAILY LIFE

**NOW TAKE THAT ACTION FOR USING
YOUR STRENGTHS, POWERS AND TALENTS
IN YOUR IMMEDIATE FUTURE**

Discover Your Strengths, Powers and Talents



STEP 6 INCORPORATING STRENGTHS POWERS AND TALENTS INTO YOUR DAILY LIFE

**LIST ANY REASONS THAT MAY HAVE COME UP
THAT YOU COULD NOT USE
YOUR STRENGTHS, POWERS AND TALENTS
NOW**

Discover Your Strengths, Powers and Talents



STEP 7 INCORPORATING STRENGTHS POWERS AND TALENTS INTO YOUR DAILY LIFE

**NOW TAKE THE LIST OF WHY NOT
AND ASK, “WHAT CAN I DO TO
USE MY STRENGTH, POWER OR TALENT HERE?”**

Discover Your Strengths, Powers and Talents



STEP 8 INCORPORATING STRENGTHS POWERS AND TALENTS INTO YOUR DAILY LIFE

**START TO TAKE ACTIONS FOR
USING YOUR STRENGTHS, POWERS AND TALENTS
IN YOUR NEAR FUTURE**

Discover Your Strengths, Powers and Talents



STEP 9 INCORPORATING STRENGTHS POWERS AND TALENTS INTO YOUR DAILY LIFE

**LIST THE REASONS WHY YOU THINK
YOU COULD NOT USE
YOUR STRENGTHS, POWERS AND TALENTS
IN THE NEAR FUTURE**

Discover Your Strengths, Powers and Talents



STEP 10 INCORPORATING STRENGTHS POWERS AND TALENTS INTO YOUR DAILY LIFE

**NOW TAKE THE LIST OF WHY NOT
AND ASK, WHAT CAN I DO TO
USE MY STRENGTH, POWER OR TALENT HERE?**

Discover Your Strengths, Powers and Talents



STEP 11 INCORPORATING STRENGTHS POWERS AND TALENTS INTO YOUR DAILY LIFE

**START TO TAKE ANY STEPS
TOWARD ACTIONS FOR USING
YOUR STRENGTHS, POWERS AND TALENTS
IN YOUR FAR FUTURE**

Discover Your Strengths, Powers and Talents



STEP 12 INCORPORATING STRENGTHS POWERS AND TALENTS INTO YOUR DAILY LIFE

**LIST ANY REASONS WHY YOU
COULDN'T USE YOUR STRENGTHS,
POWERS AND TALENTS
FOR THOSE STEPS
IN YOUR FAR FUTURE GOALS**

Discover Your Strengths, Powers and Talents



STEP 13 INCORPORATING STRENGTHS POWERS AND TALENTS INTO YOUR DAILY LIFE

**NOW TAKE THE LIST OF WHY NOT
AND ASK, “WHAT CAN I DO TO
USE MY STRENGTH, POWER OR TALENT HERE?”**

Discover Your Strengths, Powers and Talents

THERE ARE THREE MEDITATIONS

- ▶ Sometimes you may feel obstacles in your life from another person or just yourself. Maybe there is a belief you have. The reprogramming your brain meditation helps you to meet obstacles or change those beliefs that stop you.
- ▶ There is a healing meditation to help you heal any toxins or negativity
- ▶ There is a general meditation that calms you and relaxes you then continues with just video and music that you may want to use or just be.

IMPORTANT POINTS:

- ▶ The meditation guides you through the sensory experiences coupled with theta music and binaural beats. You can have the best experience when using ear phones or ear buds for this meditation. You can actually reach deep theta.
- ▶ When you take conscious actions aligned with your strengths, powers and talents, you are telling your subconscious mind that you are strong, powerful and talented.
- ▶ Your subconscious mind will deliver you life experiences with much more ease. You will feel happier and feel joy in your life.



DOWNLOAD THE PLANNING WORKSHEET NOW AND WATCH A GUIDED MEDITATION

Start being the Real You
Don't forget your Bonus Tip Sheets
Go to the Meditation of your choice