

YZE UP

EMBRACING YOUR
GREATNESS

26 May 2018



>> Visualise it before you can reach it - Practical tools on building your vision presented by
Joanna Ngwenya

Life Coaching starts by asking three questions

- How do I want my life to be – by taking stock of where you are now?
- What is stopping me?
- What am I going to do about it?

‘Embracing your Greatness’

- Being true and authentic to yourself
- Confidence – having the trust and belief that you can do it
- Character – awareness of your mental and moral qualities distinctive to you
- Understanding your skills, strengths and competencies.

2009



2012



Values and Needs

Accomplishment	Comradeship	Joy	Self-expression
Acknowledgment	Control over time	Love	Self-fulfilment
Adaptability	Creativity	Making decisions	Sensuality
Artistry	Excitement	Medium pace	Sexuality
Authenticity	Expanding knowledge	Meeting challenges	Solitude
Beauty and aesthetics	Fun and enjoyment	Money	Spirituality
Being admired	Freedom to choose	Order	Stability
Being alone	Friendship	Participation	Status
Being different	Helping society/others	Peace	Stimulation
Being valued	Honesty	Personal empowerment	Success
Being with others	Humour	Physical health	Support
Belonging	Independence	Power and authority	Time
Change and variation	Influencing others	Profit	Tranquillity
Collaboration	Integrity	Recognition	Zest
Communication	Intellectual	Respect	
Community Competition	Interaction with public	Security	
	Intimacy	Self-determination	

Irritations Inventory

WORK	
FAMILY	
SOCIAL	
PERSONAL	
FINANCE	
HEALTH	

FEAR – we live with fear all the time **because we are LIVING!!**

- Fear will never go away as long as I continue to grow
- The only way to get rid of the fear of doing something is to go out and do it
- The only way to feel better about yourself is to go out and **DO IT!!!**
- Not only am I going to experience fear whenever I'm on unfamiliar territory, but so is everyone else
- Pushing through fear is less frightening than living with the underlying fear that comes from a feeling of helplessness / dread

**The more you get out of your
comfort zone the bigger it
becomes**



SUMMARY

Create your vision – step out of your responsibilities, practicalities etc.

Awareness of your beliefs, values, non negotiables

Understand your strengths, skills, competencies

Irritations Inventory

VALUE TIME – this isn't a dress rehearsal

Know your worth – don't ever settle, don't live by FEAR

Take your first step to embracing your greatness – you don't have to be great to get started but you do have to get started to embrace your greatness

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