

# Discover Yourself

## Introduction

- \* Are you living a life of Abundance ?
- \* Are all your relationships fantastic ?
- \* Are you having fun, all the time, every day ?
- \* Are you living your dream life ?

If the answer to any of the above questions is “ No”, then please read on. It does not matter what your background is or how old you are or what your life circumstances are. What you need to realise is, that you have the power within you to transform your life and take it to a whole new level. The real challenge is that most of us do not know where to start and what the steps are. Once you understand these steps you could breakthrough challenges in any area of your life whether it be your Health, Relationships, Finances, Career or Spiritual & Emotional Growth. Hence it is important that you start at the start, begin at the beginning, which is really understanding who you really are and where you really are at this point in life. A personal audit is one of the most important ways of understanding yourself and once you have clarity on yourself everything else falls in place.

## What is the workshop about ?

The “Discover Yourself” workshop is a full one day workshop that will help you understand yourself and attain Self Awareness. We will provide you with the necessary tools that you can use on a regular basis to sustain this state of Self Awareness on an ongoing basis.

## What will you learn at the workshop

- \* Get the opportunity to do Self Introspection and the tools to be able to do this on a regular basis.
- \* Understand what your core values are and what you stand for in life. The most important aspects of your life will become apparent to you.
- \* Discover your passions and what your real calling in life is. You will realise what it is that drives you and that you love doing.
- \* Find out your beliefs, both limiting beliefs that disempower you and also the empowering beliefs that help you to move forward.
- \* Do a Life Audit and discover where you are at in the various areas of your life.
- \* Identify your habits that hold you back and some powerful tools that you can use to get rid of these habits.
- \* Discover the defining moments in your past life that have shaped your personality and character and made you who you are.
- \* Do a SWOT Analysis on yourself ( Strengths, Weaknesses, Opportunities, Threats ).
- \* Understand your personality by the use of various personality profiling tools.

## Content

- \* Journey of Life - The big picture
- \* Life Graph
- \* Values Audit
- \* The Passion Test
- \* Beliefs Audit
- \* Habits Audit
- \* Emotions Audit
- \* Language Audit
- \* Qualities Audit
- \* Defining Moments
- \* Personal Vision
- \* Personality Profiling

## Outcomes

- \* Harness the power of your sub conscious mind
- \* Become aware of yourself and your true identity
- \* Discover your passions and follow your true calling
- \* Eliminate and overcome your limiting beliefs
- \* Reduce and overcome fears
- \* Have healthy relationships
- \* Convert challenges into opportunities
- \* Live without performance anxiety
- \* Do what you love and Love what you do
- \* Manage your time and achieve more in the available time

The “Discover Yourself” workshop is all about understanding your deepest self and starting at the beginning so that you can now chart out the course of your life and decide which path will truly give you total fulfillment, inner peace and happiness. It is about clarifying your direction in life. The outcome is that you unfold a more meaningful, inspired and purposeful life. The workshop will help you answer some of your deepest questions about life and teach you how to transform challenges into opportunities and give you expanded awareness and awaken you to your full potential in all areas of life. Imagine being able to live a life of purpose and meaning and waking up every day to a life that is full of possibilities. Imagine being able to live the dream life full of health, wealth and happiness.

## Who should attend this workshop ?

- \* Anyone wanting to create something of meaning out of their life
- \* Anyone wanting to know how to overcome challenges and adversity
- \* Anyone seeking to overcome stress, fear or anxiety
- \* Anyone wanting to dissolve rage, anger and resentment
- \* Anyone seeking to build self-worth and dissolve feelings of shame and guilt
- \* Anyone with health challenges
- \* Anyone wanting to have healthy relationships