

WORKBOOK

A hand is shown placing a single puzzle piece into a larger, partially assembled puzzle. The puzzle pieces are light-colored and stand out against a dark, textured background. The hand is positioned on the right side of the frame, with fingers carefully guiding the piece into place. The overall image conveys a sense of building, creating, and completing a self.

CREATING A NEW YOU

Module 5 - Self - Image

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Best wishes,

Maryia Oayda

INTRODUCTION

CREATING A NEW YOU

TO BE USED ONLINE & OFFLINE

In this workbook you are going to create your new self-image.

Your self-image should be absolutely 100% congruent with all the previous uncovered identities, including your values, purpose, success formula, and your vision.

Once you articulate your answer to each of the questions and gather them all of them on a piece of paper, what you will hold in your hands is a powerful tool with the potential to change your world. Your goal, after this lesson, is for all your answers to penetrate every single cell in your body and reinforce this by repetition until, eventually, a subconscious picture of your self-image is formed in you.

By developing and shaping your new self-image, you as a person will learn to interact with the environment in such a way as you radiate according to your self-image. By having your well-established self-image radiate consistently, you will establish a balance between yourself and the environment. Such a healthy exchange with the environment provides the individual's needs for security, respect, and self-realisation.

Best wishes,

Maryia Oayda

EXERCISE: CREATING A NEW YOU

MY VALUES

A large, empty rectangular box with a red border, intended for writing personal values.

MY STRENGTHS

A large, empty rectangular box with a red border, intended for writing personal strengths.

3 LESSONS OF MY LIFE

A large, empty rectangular box with a red border, intended for writing three lessons from life.

AT MY BEST I AM...

A large, empty rectangular box with a red border, intended for describing oneself at their best.

PERSONAL VISION

A large, empty rectangular box with a red border, intended for writing a personal vision statement.

PROFESSIONAL VISION

A large, empty rectangular box with a red border, intended for writing a professional vision statement.