

WORKBOOK

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A close-up photograph of a dart with a dark, three-lobed head and a silver-colored barrel, hitting the bullseye of a target. The target has concentric rings of alternating light and dark colors. The background is a solid light yellow.

# YOUR SUCCESS FORMULA

## Module 5 - Self - Image

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Best wishes,

Maryia Oayda

# INTRODUCTION

# YOUR SUCCESS FORMULA

## TO BE USED ONLINE & OFFLINE

Whether you know it or not, every person has their own secret weapon that can serve them to become the best versions of themselves.

Each individual is unique. Each of us have our own unique story. We have all experienced pain at one point or another that shaped us into who we are, that gave us our personality, beliefs, passions, skills set, talents, purpose, values, strengths, weaknesses, and so much more.

We all have access to that, however, the matter lies in recognizing your success formula. Knowing your formula can help you figure out the steps to take and the pitfalls to avoid.

To help you create your competence inventory, I have attached the workbook for you. It is very simple to practice. There are just two steps, but they are enough to outline your ultimate success formula that will guide you at all times from now. So let's get started!

Best wishes,

Maryia Oayda

## **EXERCISE: YOUR SUCCESS FORMULA**

1. Think about anything in the past that motivated you to learn and you did. It can be an accomplishment, a victory, it can be one of those hard times or obstacles that you successfully overcame. Select four to six accomplishments and write them down.

2. Look over your list of accomplishments and write down the strengths and skills you used repeatedly to create success. Think about how you did it. In thinking back on this past success, think about how you went on about learning something? What personal strengths did you use to achieve your goals or solve obstacles?

# EXERCISE: YOUR SUCCESS FORMULA

NOTES: