



MODULE FOUR

**Create From What You Have
Not What You Don't Have**



Introduction

Self-Love and self-appreciation are the key elements for any personal achievement; sometimes we are so blind while chasing the secret formula, then when we stop and look around, we realize that we have always had the magic super power, which we ignored or failed to recognise.

In this Module, there will be about 50 exercises in total to help you re-discover your super magic and maximise the magic in your future journey; also knowing your weaknesses is crucially important.

So let's dive deep into this module to recognise your superpower, work on your weaknesses and learn how to nourish and appreciate your body before anything else.