



MODULE TWO

Value Your Value



Introduction

Knowing and recognizing the things that matter to you the most in life help you to make clear and wise decisions in life.

It shapes the way you perceive the world, how you behave, where you spend your energy and time and even how you express your emotions. So, in this module, you will really understand your own behaviour, thoughts, desires, emotions and how they can work for you, not against you.

And, the most important part is how to identify the internal conflicts within yourself and overcome them with a positive mindset. Influencing others and being influenced by others are equally important to shape the way you navigate your life and truly be your authentic self with clear purpose in life.