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# Woman of Greatness

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Learning from great women how to create a great life

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Learning to create a great life from great women

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# HOW TO ENHANCE YOUR GREATNESS

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- You have taken the Greatness Profile
  - You know what your Natural Greatness is
  - You know the amount of Greatness you have in each area which makes up your Unique Greatness code
  - You have learned how each Greatness dresses, decorates, exercises and what life style they have
  - You have spotted Creators, Doers, Charmers, Nurturers and Leaders in your family, at work, and everywhere you go.
  - You have learned to accept & LOVE the GREATNESS in YOURSELF & OTHERS!
  - You are ready to learn how to enhance your Unique Greatness!!
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# 3 TOOLS TO ENHANCE GREATNESS

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**Greatness Board** - **Greatness Statements** - **Greatness Playlist**

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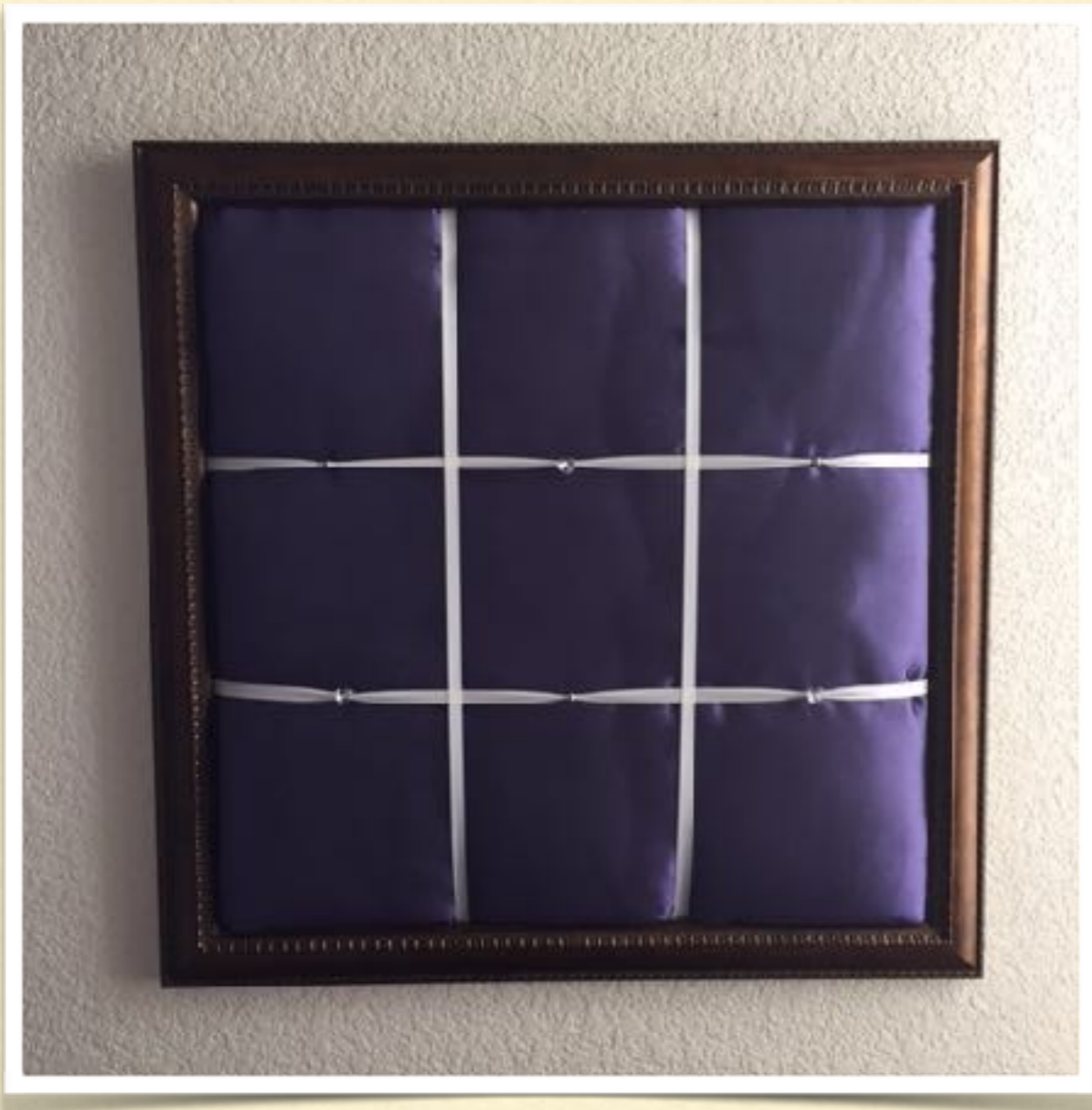
# GREATNESS BOARD



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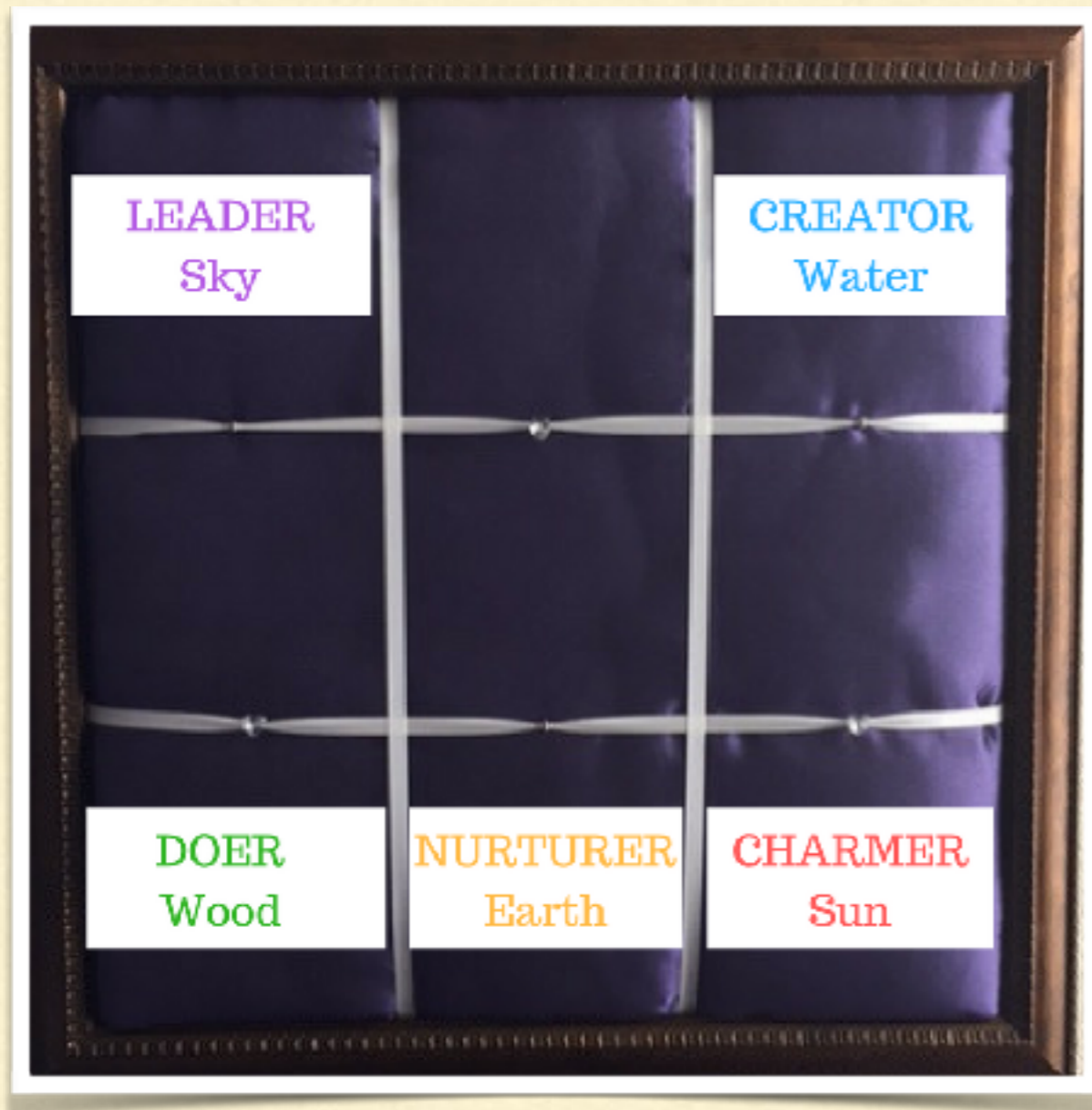
# GREATNESS BOARD

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- Get a square picture frame from the thrift store and take out the picture and the glass.
  - Cover the cardboard back with batting and fabric.
  - Use ribbon (you can string beads on the ribbons for extra charm) to form 9 equal squares.
  - Insert the fabric covered cardboard into the frame and secure. You can also cover the back of the frame with fabric.
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# GREATNESS BOARD LEVEL I



- Print out a picture of your greatest strength in each area of Greatness. You can refer back to your Greatness Profile to help you decide your greatest strength in each area
- With a thumbtack, pin the picture in the appropriate area on your Greatness Board
- Your LEADER Greatness goes in the upper left corner
- Your CREATOR Greatness goes in the upper right corner
- Your CHARMER Greatness goes in the lower right corner
- Your NURTURER Greatness goes in the middle lower section
- Your DOER Greatness goes in the lower left corner
- These placements are important as you progress to Level 2, 3 & 4 of your Greatness Board

# GREATNESS BOARD LEVEL I

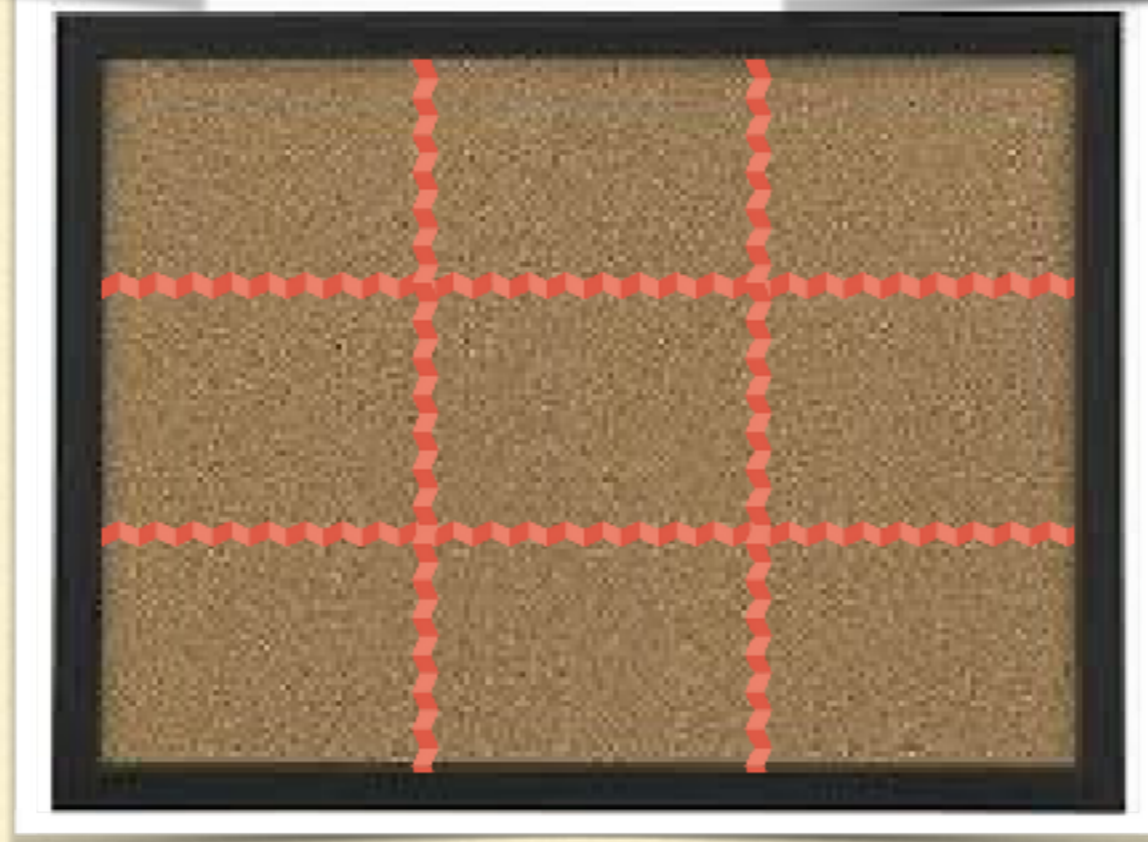
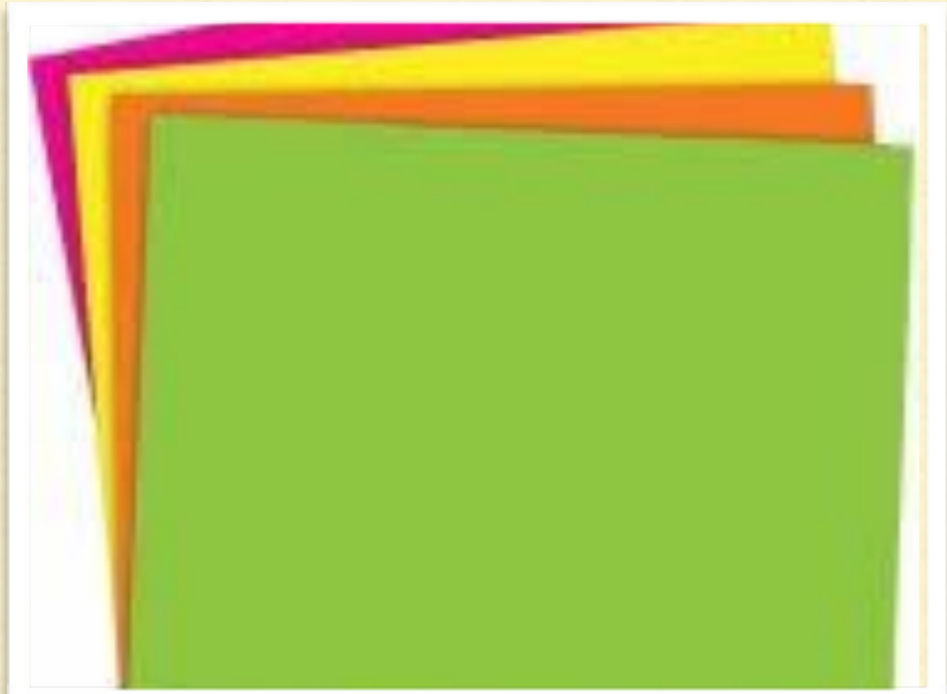


- Find a baby picture of yourself
- Pin it in the center section on your Greatness board
- Hang your Greatness Board on the wall next to your bed
- This visual of your Unique Greatness activates your LEADER greatness



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You can also make a Greatness Board from a bulletin board or even poster board. Just remember to divide it into 9 equal sections.



# GREATNESS STATEMENTS

I am a character. I am valuable.  
I am worthy of respect,  
and I am respected. I am kind.

I am generous. I am worthy of love,  
and I am loved deeply.

I am resourceful. I am thoughtful.  
I am smart. I am funny.

I am honest. I am ambitious.

I am dedicated. I am creative.

I am resilient. I am warm.

I am skilled at all sorts of things.

I am driven by integrity and values.

I am a good mother.

I am a good wife. **I am good.**

am a good friend.

# GREATNESS BOARD & GREATNESS STATEMENTS LEVEL 1



- Every morning as soon as you get out of bed, stand in front of your Greatness Board and look at each picture for a moment
- Say “I AM Great at...(whatever strength the picture shows)”
- When you look at your baby picture say “I AM Great, beautiful & I love myself”
- Do the same thing each night as you get into bed
- By speaking out loud you activate your CREATOR greatness

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# GREATNESS PLAYLIST



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# GREATNESS PLAYLIST LEVEL I

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- Pick 3-5 songs that have a positive uplifting message and a beat that makes you want to sing & dance
  - Upload them to your phone or device and label them GREATNESS PLAYLIST
  - Every morning play them as you begin your day. Sing loud & dance big as you fill yourself with high energy to meet the day
  - This activates your CHARMER greatness!
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# LEVEL 1 GREATNESS

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- For the next month, look at your Greatness Board while saying your Greatness Statements every morning & night
  - Sing & Dance to your Greatness Playlist every morning as well
  - By doing this you activate your DOER greatness. The love & compassion you show to the picture of “baby you” activates your NURTURER greatness. All 5 Greatnesses are activated as you SEE, SAY & HEAR what your unique greatness is every day!
  - As soon as you feel that this has become a regular habit and that you truly accept & LOVE your Unique Greatness, you are ready to move on to Level 2!
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