



# Module Two

## Leverage Your Strength To Fuel Your Confidence

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Be comfortable with your own skin  
and express authenticity





## Introduction

**The biggest step to solve your problem is to be aware that there is a problem, the biggest step to leverage your strength is to be aware of your strength and your magic, so awareness is the key to overcome your weakness and leverage your strength. In this module, we will gain a deep understanding of your strength and use your strength to fuel your confidence. Another transformational exercise we can do is to use this reflection as a sounding board to gain more confidence; because once you get confirmation from outside of you, there is more certainty to confirm your belief. And also own your value from the time, money and efforts that you have invested in yourself.**




## **2.1 Fuel Your Confidence and leverage your strengths**

**2.1.1 Write down 5-10 instances in your life that you perceive you were feeling the most confident with yourself and what you were doing when you felt empowered. Was it the environment you were in? What exactly were you doing? The more you get clear about this for yourself, the easier it will be to tap into it when you need it.**



**2.1.2 Think about what makes you uniquely you, for those confident and empowered moments. Write them down. Think about what were your unique strengths and skills when you utilized those moments. Write that down, too.**



**2.1.3 Write down the top 5 activities that make you confident, empowered and excited to do?**

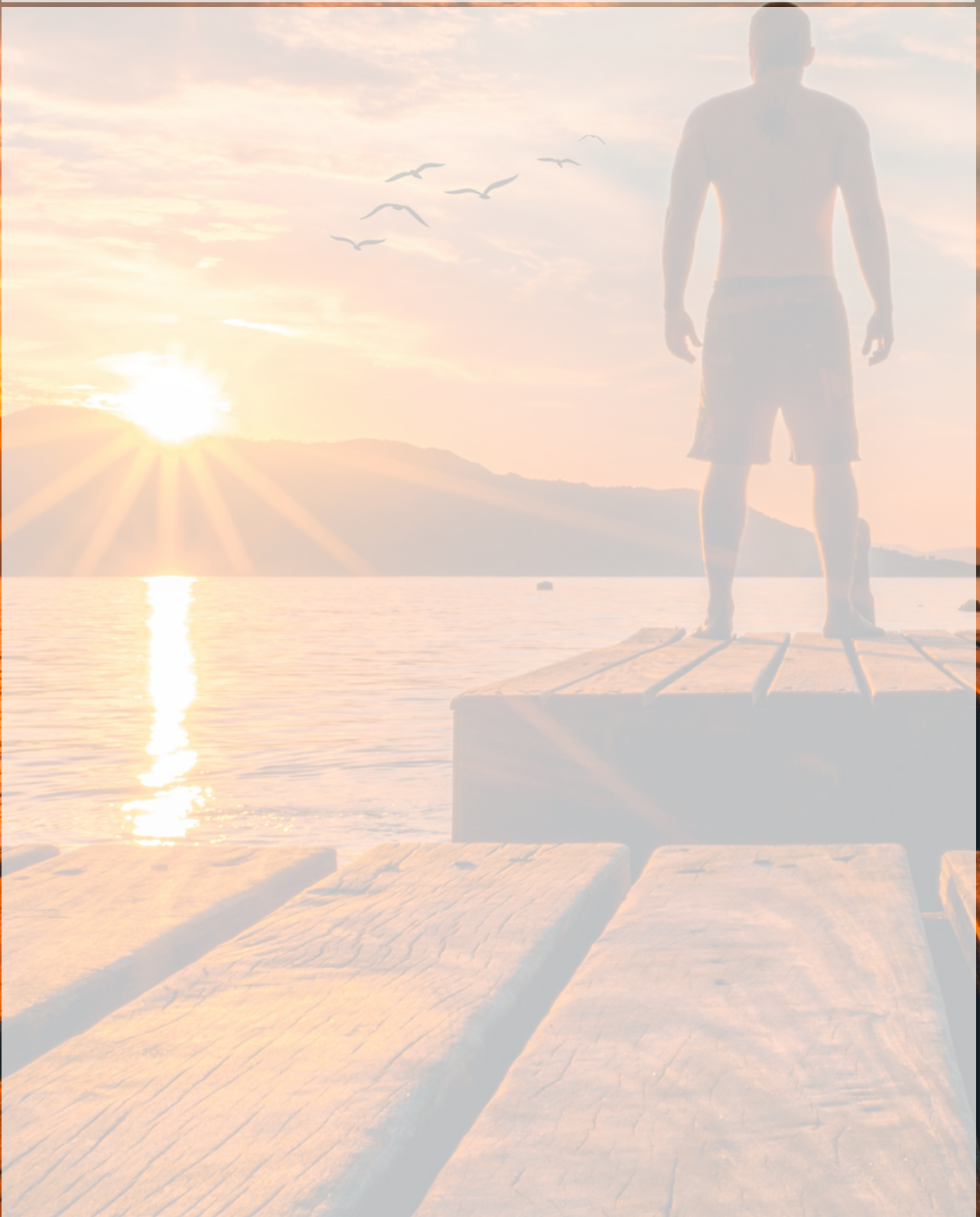


**2.1.4 Confidence is a state from within; you can also boost your confidence by the people you choose to spend your time with. Make a concerted effort to surround yourself with others who provide encouragement, positivity and inspiration.**

**Spend more time with people who 'get you' and see all your greatness. Write down the names of the top 5 people that you know or know of, who inspire and empower you to be confident and secure.**



**2.1.5 Write down the names of the top 5 people that you look up to and know who exude confidence. Imagine what that person would do in your shoes. Why are they your inspiration?**





## 2.2 Clarity to see Your Magic Formula

(Exercise From: Module 4- Achieving clarity of your life direction)

**2.2.1 Write your eight fulfilling/proud things/ events/ turning points/achievements/challenges /obstacles in your life, as well as all the key traits/skills/gifts used to overcome your struggles during these events.**

**(Hint: One way to approach it chronologically is by breaking your life into chunks of every 7 or 10 years to come up with these turning events, you can do it backward as well) Have Fun!**

**Life Event/Achievement one:**

**Traits/Skills/Gifts used:**

**Life Event/Achievement two:**

**Traits/Skills/Gifts used:**



**Life Event/Achievement three:**

**Traits/Skills/Gifts used:**

**Life Event/Achievement four:**

**Traits/Skills/Gifts used:**

**Life Event/Achievement five:**

**Traits/Skills/Gifts used:**



**Life Event/Achievement six:**

**Traits/Skills/Gifts used:**

**Life Event/Achievement seven:**

**Traits/Skills/Gifts used:**

**Life Event/Achievement eight:**

**Traits/Skills/Gifts used:**





**2.2.2 Your Magic Formula - the most common key Traits/Skills/Gifts used:**

**2.2.3 What within you has changed/shifted/transformed from all these moments? What is your personal success pattern (formula)?**

**2.2.4 What were the top 3-5 core skills/gifts/blessings that you learned through this journey?**



## 2.3 Find your sounding board

**2.3.1: Ask 3 people who know you well about the moment that they perceived that you have shown total confidence!**

**Name 1:**

**Moment:**

**Name 2:**

**Moment:**

**Name 3:**

**Moment:**

**2.3.2 What was your realization from this exercise?**



## 2.4 Owning Your True Value and increase your self-worth

2.4.1 List out all the qualifications/degrees/certificates you have ever had, how much time you have spent on it and how much money you have invested in them?

Qualifications	Years/Time	\$ Investment in it
Total		



**2.4.2 List out all the (private) coaching, therapy, training or personal development education, books, courses you have ever had, how much time you have spent on it and how much you have invested in it. (e.g. Alternative education, such as going to EFT, hypnotherapy, counsellor etc.)**

Qualifications	Years/Time	\$ Investment in it
Total		

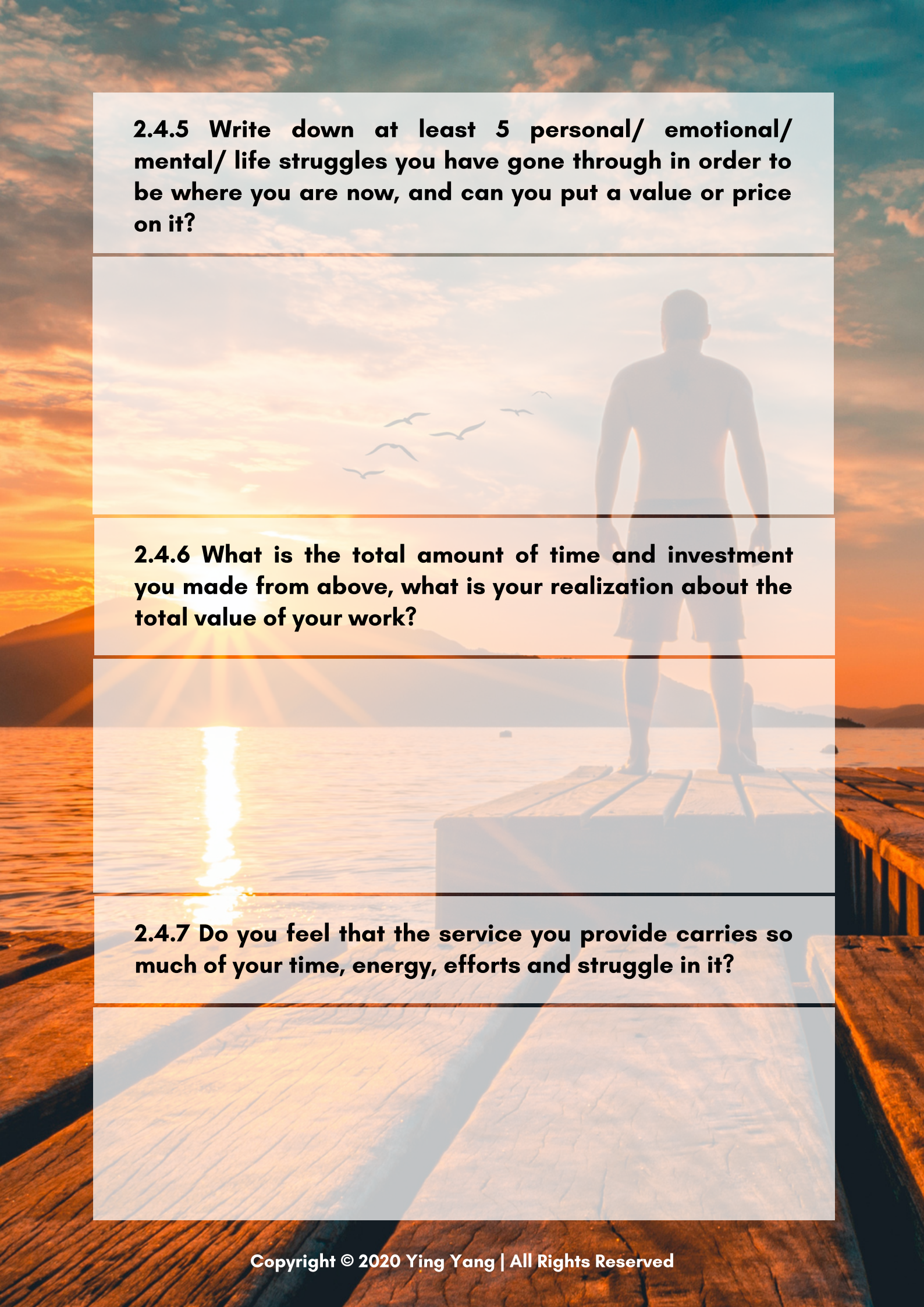


**2.4.3 (This exercise is only applicable to business owners or entrepreneurs) Write down how much time and money you have invested in your business each year (marketing, sales, hire, fire, website, operation, lawyer and accountant etc.).**

	Marketing	Sales	Finance	Operation	HR/Others
Year 1					
Year 2					
Year 3					
Year 4					

**2.4.4 Write down how many hours of free service, knowledge, volunteer work you have given out?**





**2.4.5 Write down at least 5 personal/ emotional/ mental/ life struggles you have gone through in order to be where you are now, and can you put a value or price on it?**

**2.4.6 What is the total amount of time and investment you made from above, what is your realization about the total value of your work?**

**2.4.7 Do you feel that the service you provide carries so much of your time, energy, efforts and struggle in it?**



## 2.5 Craft your Masterpiece

Writing is the first step to make your creative ideas and dreams become tangible realities. Take your time in this section to craft your masterpiece and also bear in mind, you will need to update it regularly as you grow and evolve.

### Biography (Your masterpiece)

Opportunity will knock on your door when you are thoroughly prepared.

In fact, luck is simply preparation meeting opportunity.

Write your biography below in third person format and keep refining it until you have created an inspiring masterpiece.

By composing a personal biography, you can edify yourself and reveal your many accomplishments in a way that could assist in demonstrating value to your potential readers, attendees, customers, your personal or professional expertise and credibility. To assist you in composing your personal biography, consider following the five-paragraph format.



**2.5.1 Introduction - Who you are, your titles, company name, what you do for people (summary)**

**2.5.2 Background - Qualifications, experience, how you do what you do**



**2.5.3 Service - How you work (speaking gigs, workshops, etc.), the value you offer, unique point of difference**

**2.5.4 Personal 'why' (in the form of a quote) - e.g. "I believe everyone has a voice and a message and it is my dedication to bring it out."**

**2.5.5 Conclusion - Anything additional e.g. publications in magazines, additional speaking gigs, value you offer to people**