Finding Your Brand/Your Message/Your Passion !

List 10 things that make YOU amazing (it can be strengths, qualities, or « titles »)

(ex : nurse, mother of 2, wife, singer, organized, great mentor, great listener, social, outgoing, disciplined, confident, strong, etc…)

Complete the strengthsfinder tool, if you need some help coming up with qualities !
www.strengthsfinder.com/home.aspx

1. **Underneath each quality in the box ; what did you need to OVERCOME to achieve this ?**

Ex : As a singer, I had to overcome stagefright, take voice lessons, etc..

Ex : I am now confident, but I wasn't always. I had a limiting belief that I was never good enough, but with self-awareness, goal-setting (small goals towards bigger goals) I realized---I CAN do whatever I set my mind to !

2. **Defining Moments**
   * These can be either positive or negative

Ex of a negative defining moment : Coach Traci Warren shared how a defining moment in her youth was singing out loud, and a neighbour commented « don't quit your day job ». She enjoyed singing, but since was insecure ; at choir auditions,etc…   She only realized that had such an impact on her view of herself years and years later.

Ex of a positive defining moment: In highschool, I was approached by my English teacher, telling me I should consider going into the enriched program. I saw myself as one of the worst students in the class, but was so flattered ; I decided to do it. I was flabbergasted ! I realized that I have a tendency towars insecurity and needed to be pushed in my youth. The only person pushing myself as an adult is myself, so I need to believe in myself ! I had that 2nd epiphany last year at Platinum Edge seeing successful coaches ; and I realized « i CAN do this too !!!! »

List defining moments in your life :

3. You are on a plane, it is crashing. You have 30 seconds to tell your loved ones something that isn't « I love you ». That is your « message ».
   Top 3 messages you want to share :