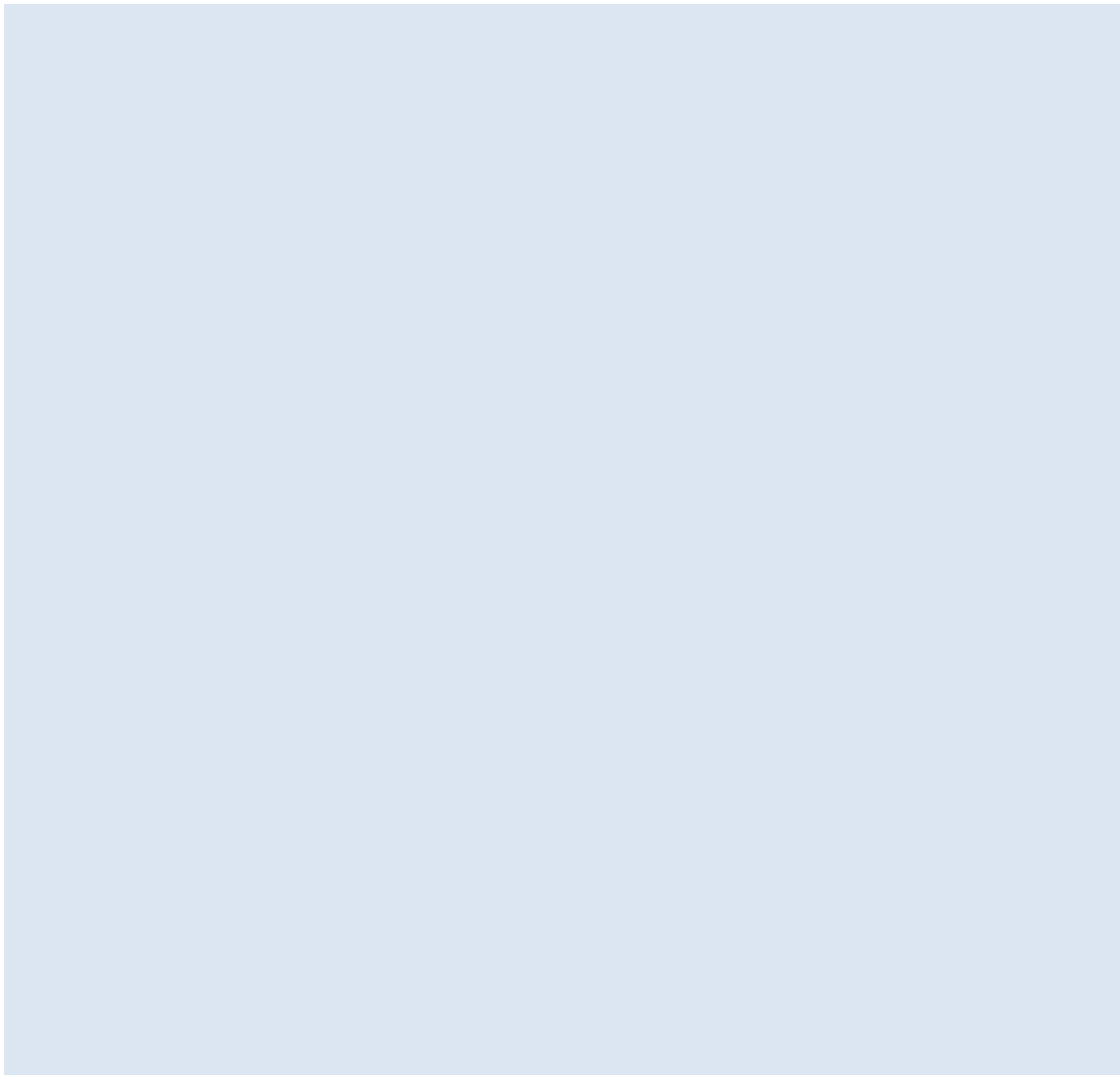


FINDING YOUR MOJO

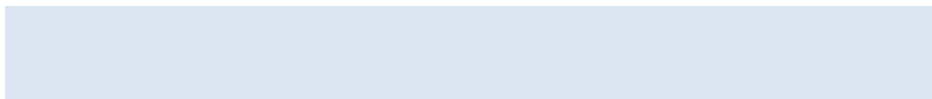
KIRA SWANSON
Coaching

Brainstorm five to ten moments, accomplishments, or events where you really shined. When were you firing on all cylinders? When did you knock it out of the park? Choose your three most powerful situations.

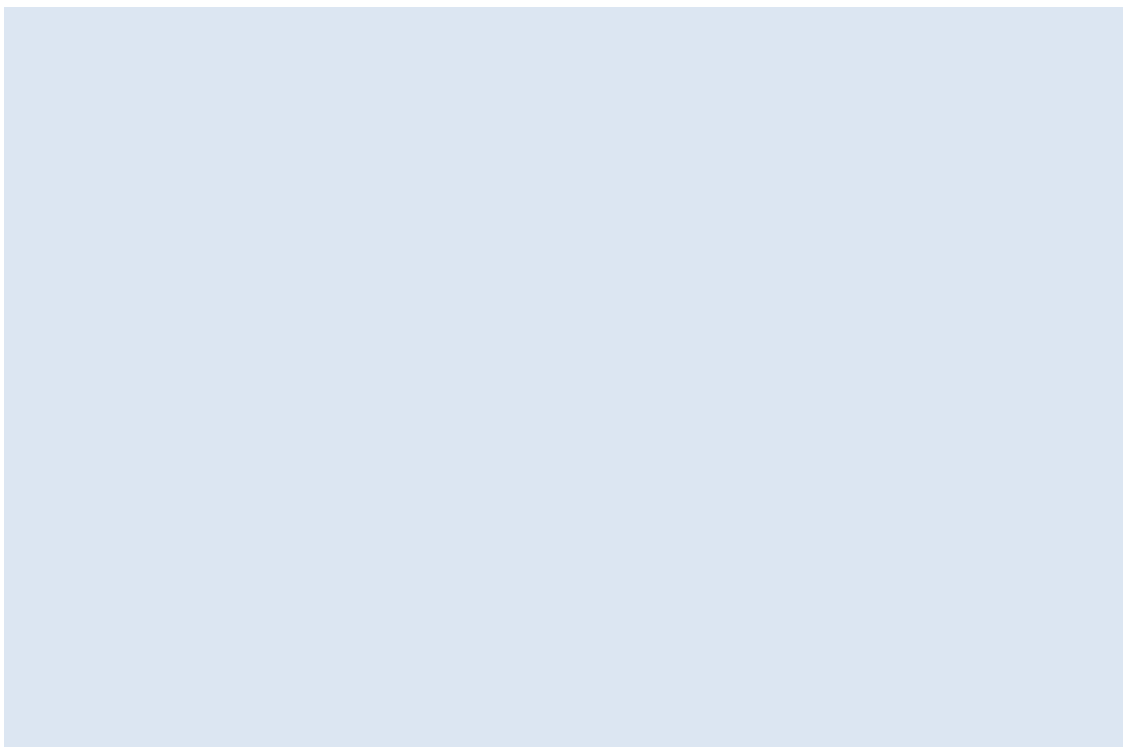


For each of the three situations answer the following questions:

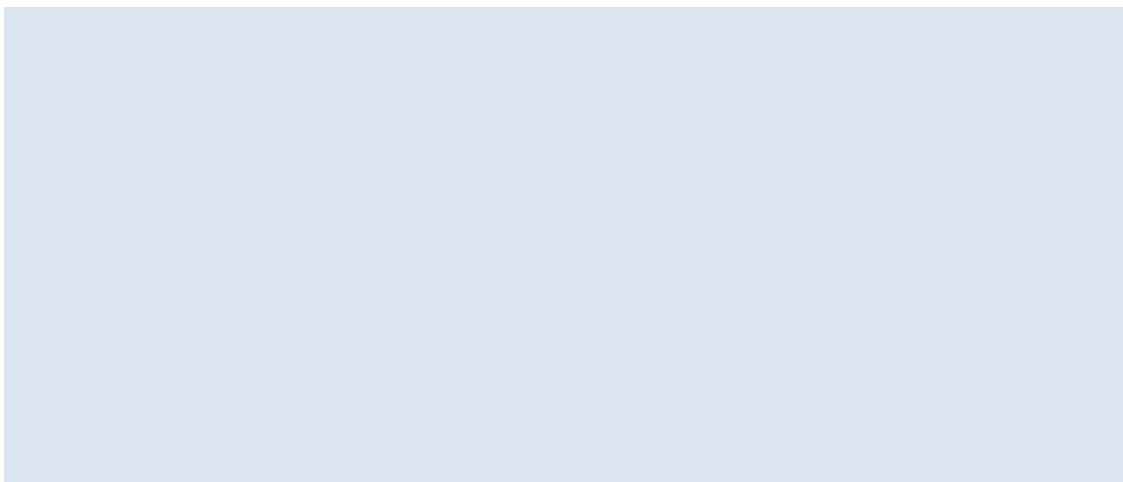
Situation 1:



What were some of the character traits present in those situations?



What risks did you have to take to make that happen?



What fears did you have to overcome?

How did you do it?

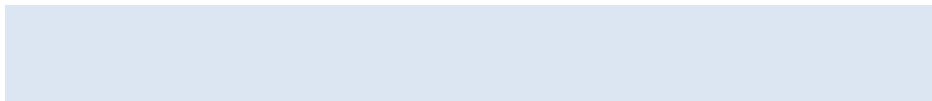
How did you feel beforehand?

How did you conquer self-doubt?

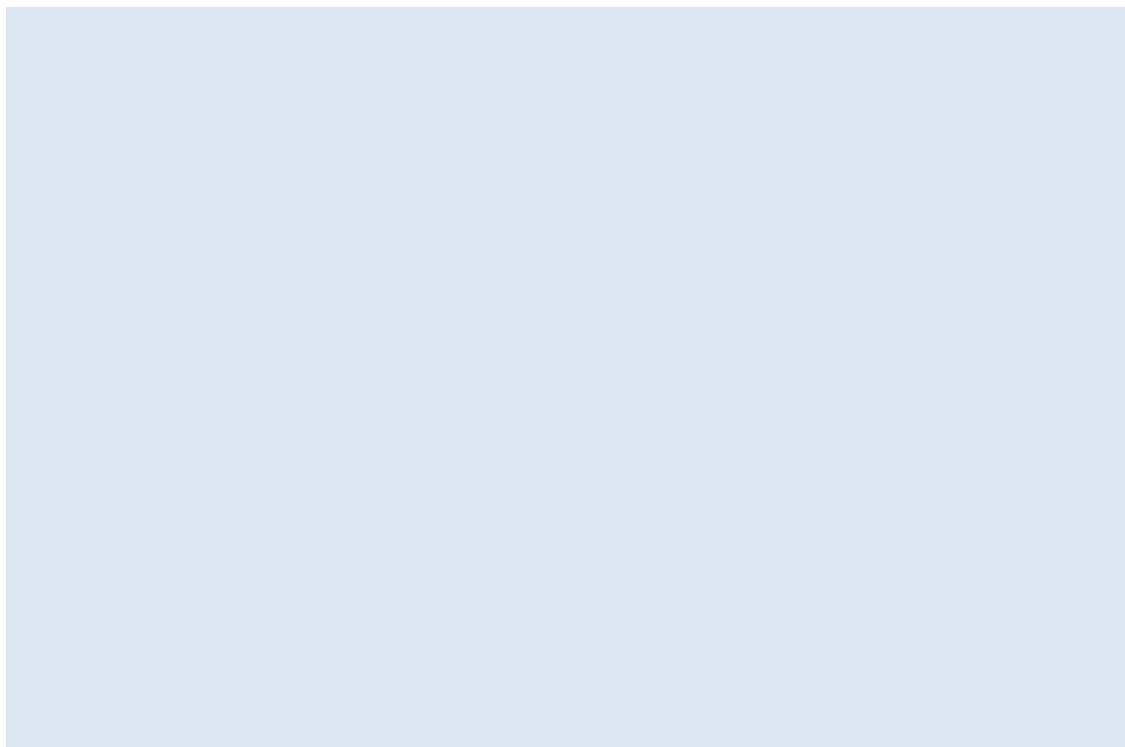
How do you feel about it now?

For each of the three situations answer the following questions:

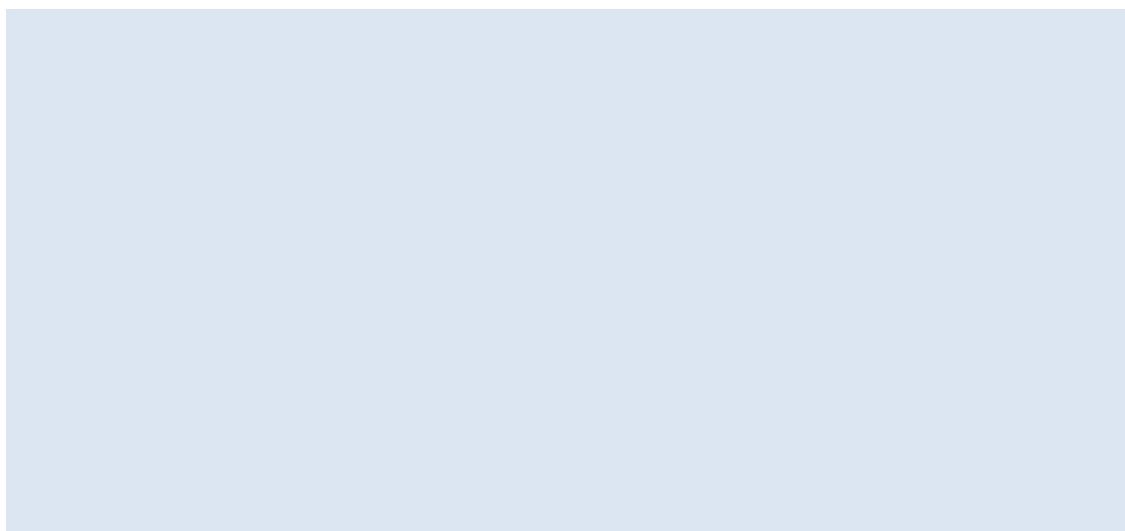
Situation 2:



What were some of the character traits present in those situations?



What risks did you have to take to make that happen?



What fears did you have to overcome?

How did you do it?

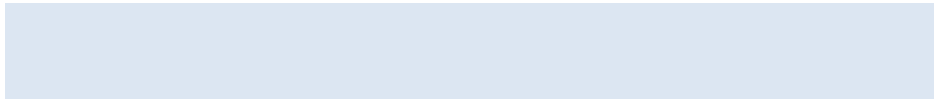
How did you feel beforehand?

How did you conquer self-doubt?

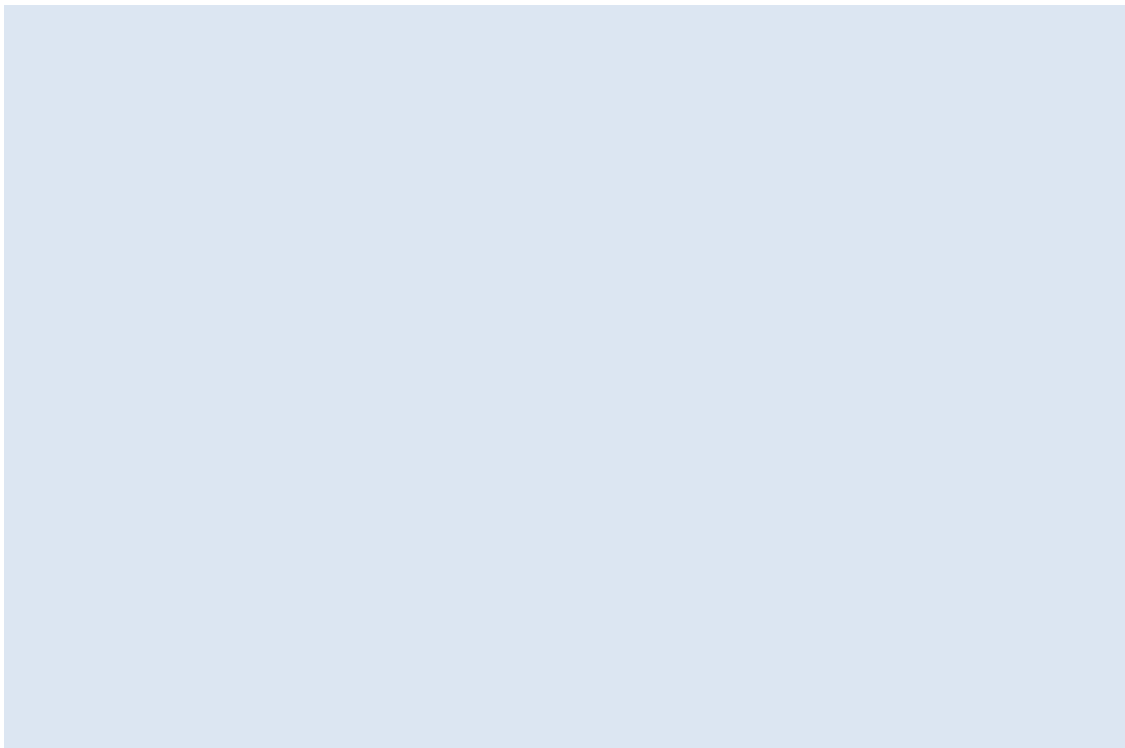
How do you feel about it now?

For each of the three situations answer the following questions:

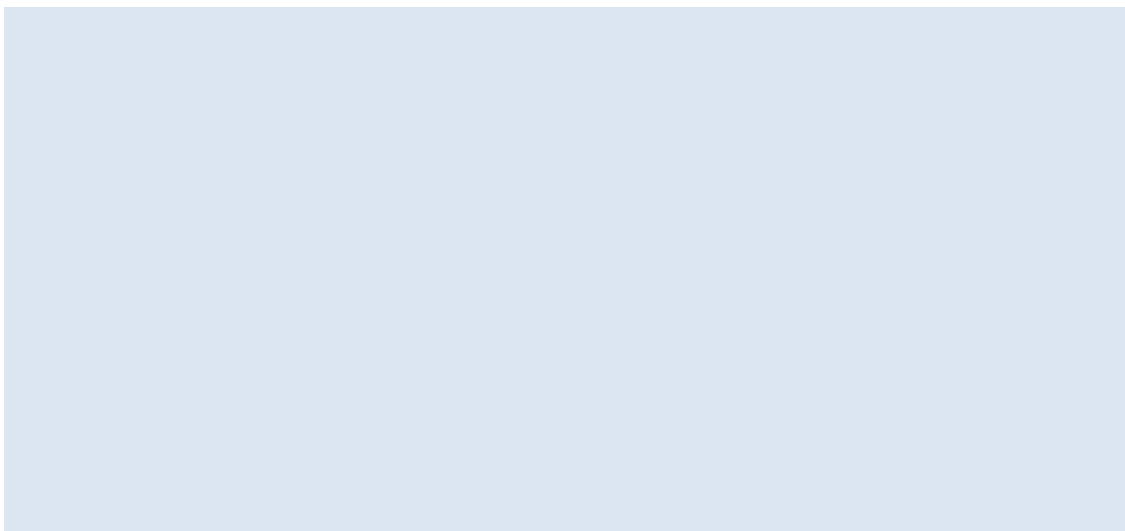
Situation 3:



What were some of the character traits present in those situations?



What risks did you have to take to make that happen?



What fears did you have to overcome?

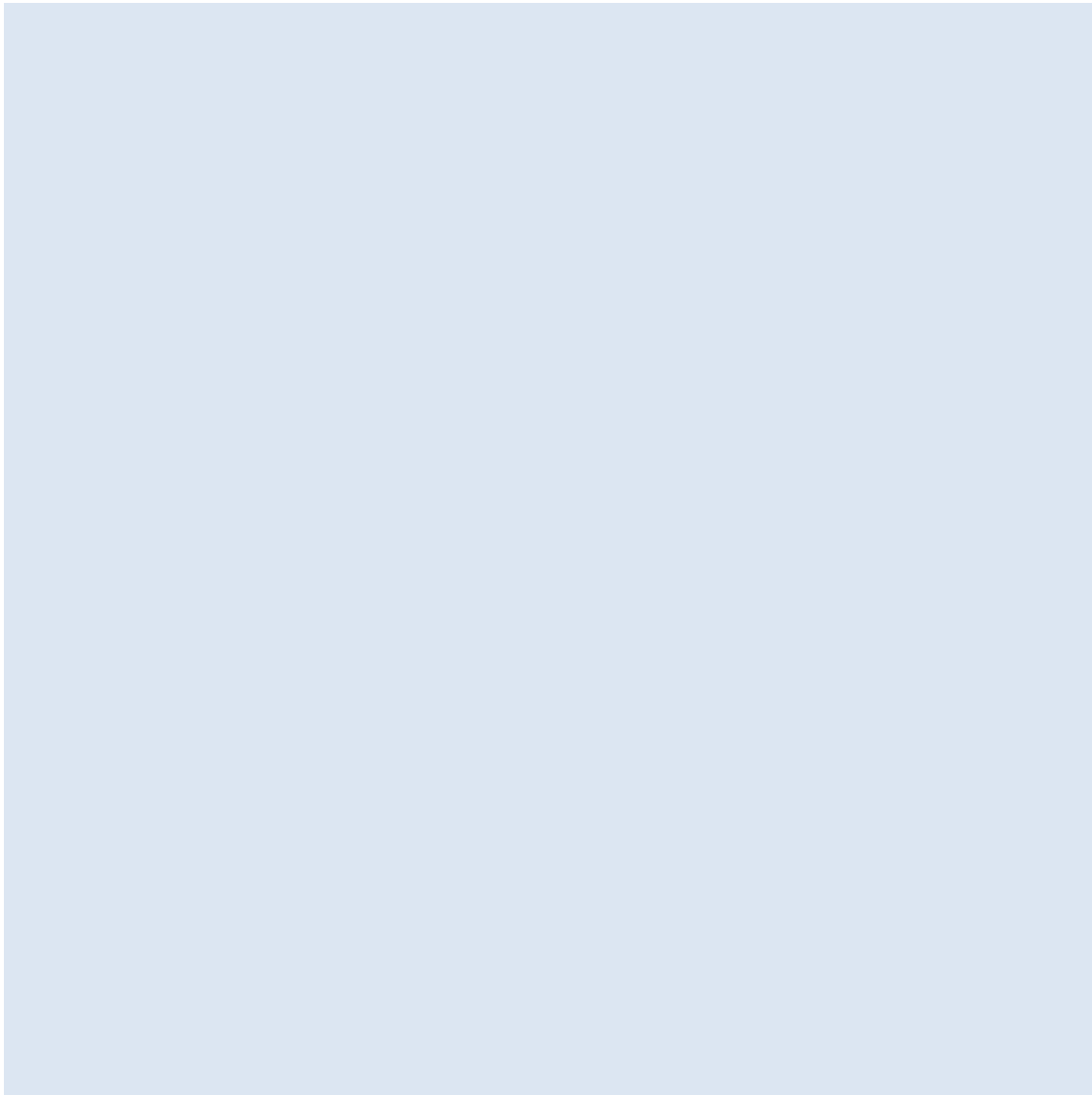
How did you do it?

How did you feel beforehand?

How did you conquer self-doubt?

How do you feel about it now?

Now, looking back at the character traits you exhibited in each of the three scenarios (and any other relevant information you generated), make a list of the top ten traits you express when you are self-confident.



Finally, I'd like you to create some kind of memento that will remind you of these strengths that you can call on anytime you need self-confidence. You might use the words to create a Word Cloud or perhaps you want to create a Vision Board to help you invoke your strengths.



Our minds are our most precious asset, yet so many of us leave that vast potential untapped. Kira Swanson, PhD, is a mindset coach who helps clients realize how their thoughts create their reality. She helps clients to question their thinking, tap into their natural confidence, and take inspired action to create the reality they want in life and work.

To work with Kira, or sign up for her newsletter, visit kiraswanson.com, or email Kira at kiraswan@msn.com.