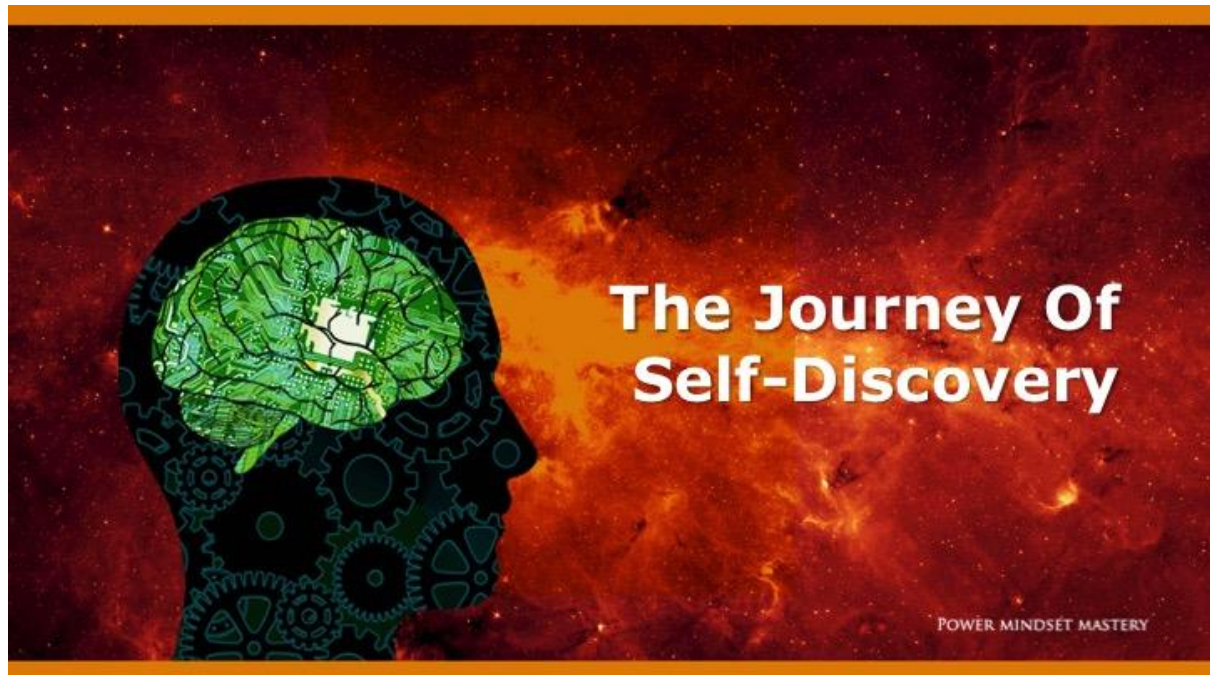


00 - The Journey Of Self-Discovery



S1: Have you ever wondered about whom you really are, apart from what you and what other people see from the outside?

Do you feel there is more to you and what you can offer?

Have you identified the true purpose of your life as well as the direction you are heading to?

Is There More To You?

- ▶ The journey of self-discovery requires a lot of groundwork and can be daunting at times.
- ▶ It involves revisiting a lot of your past experiences, choices and emotions.

POWER MINDSET MASTERY

S2: If you are still searching for these answers, then you have come to the right place. The journey of self-discovery requires a lot of groundwork and can be daunting at times, as it involves revisiting a lot of your past experiences, choices and emotions.

Is There More To You?

- ▶ This video will guide you through all the intricate details you require in your journey to unravel your true self.
- ▶ This includes identifying your personality, awakening your spiritual dimension, learning to love yourself.
- ▶ Embrace the change that comes.

POWER MINDSET MASTERY

S3: Therefore, this video will guide you through all the details you need in your journey to discover, awaken and be your true self.

This includes identifying your personality, awakening your spiritual dimension, learning to love yourself as well as embracing change.

Is There More To You?

- ▶ You need to trust the process as it is worth taking.
- ▶ You will turn out to be an entirely different person from where you started off.

POWER MINDSET MASTERY

S4: It will no doubt trigger confusion, doubt and misunderstanding, which will force you to make decisions that will affect your life.

For this to work its best, you need to trust the process. You will find that it will be worth it as you will turn out to be an entirely different person from where you first started off.

Be Prepared

1. Being completely honest with yourself
2. Trusting the process and embracing change
3. Staying positive

POWER MINDSET MASTERY

S5: Therefore, before embarking on this journey, you will need to set your focus and be prepared by practicing the following:

1. Being completely honest with yourself; this includes acknowledging both your strengths and weaknesses
2. Trusting the whole process and embracing the change that comes
3. Staying positive

1. Being Completely Honest With Yourself

- ▶ Acknowledge your strengths as well as your weaknesses.
- ▶ Learn to use them to your advantage and most importantly, to get to know your true self better along the way.

POWER MINDSET MASTERY

S6: Firstly, you need to be completely honest with yourself.

Acknowledge your strengths as well as your weaknesses. Learn to use them to your advantage and most importantly, to get to know your true self better along the way.

2. Trusting The Process And Embracing Change

- ▶ There is no use in embarking on this journey if you are skeptical of the things you need to do in order to progress and discover yourself.
- ▶ Trust that the change you are experiencing is for the better.

POWER MINDSET MASTERY

S7: Secondly, you need to trust the whole process.

There is no use in embarking on this journey if you are skeptical of the things you need to do in order to progress and discover yourself.

With that, you will also need to change your old ways of thinking, reacting and most importantly, living. Trust that the change you are experiencing is for the better.

3. Staying Positive

- ▶ You attract the kind of energy surrounding you.
- ▶ If you believe that this journey will eventually bring out the best in you, you are right.
- ▶ If you believe otherwise, you are also right.

POWER MINDSET MASTERY

S8: Last but not least, always stay positive.

You attract the kind of energy surrounding you. If you believe that this journey will eventually bring out the best in you, you are right. If you believe otherwise, you are also right.

Whatever the outcome is, believe that you are in control of it and it is all a matter of perspective.



S9: There is more to you than you think!