

Live Your Dreams

Week 2 – Identify Your Strengths

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Where the Road Meets Spirit



Visioning Exercise



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Week 1 – Get your Bearings

Step 1 – Get your Bearings (Weeks 1-3)

Step 2 – Commit & Prepare

Step 3 – Plan your Route

Step 4 – Get Started

Step 5 - Plan for Sustainability & Growth



Week 1 – Get your Bearings

- I. Identify your values
- II. Define your dream
- III. Identify where you are now



Week 2 – Identify Your Strengths

Objectives:

- I. Tap into unused resources, strengths & talents
- II. Leverage your assets
- III. Power up!



Projection

- Often deny characteristics
- Project it on others
- Have to turn it around and embrace it face to face
- Gives you back your energy that you've given away



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Projection – Example

“I actually loved reading about how you got yourself into that jam Liz! how it made you feel and how you got out of it. Empowered comes to mind when I think you Liz Jansen.”



Mirroring

- Others reflect parts of your own consciousness back to you
- Opportunity to really see yourself
- Opportunity to grow.



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Mirroring

- You are also a mirror
- You are a student and a teacher
- Focus on what others are trying to teach you



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Who are your mirrors?



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Repeating Patterns

- Events in our lives follow predictable patterns
- Read biographies of great people
- Even the most accomplished amongst us has high and low points in our lives
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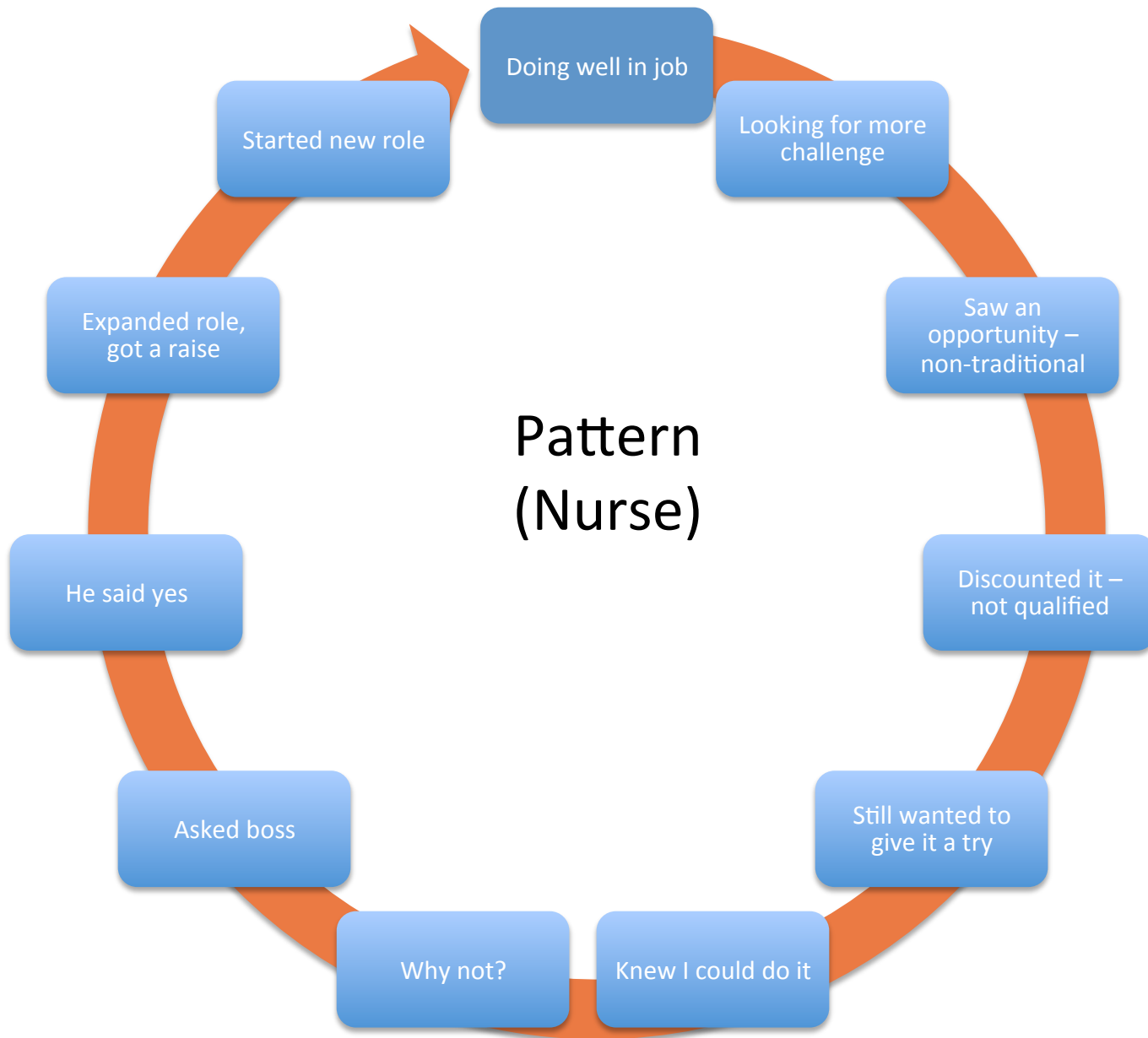
Repeating Patterns

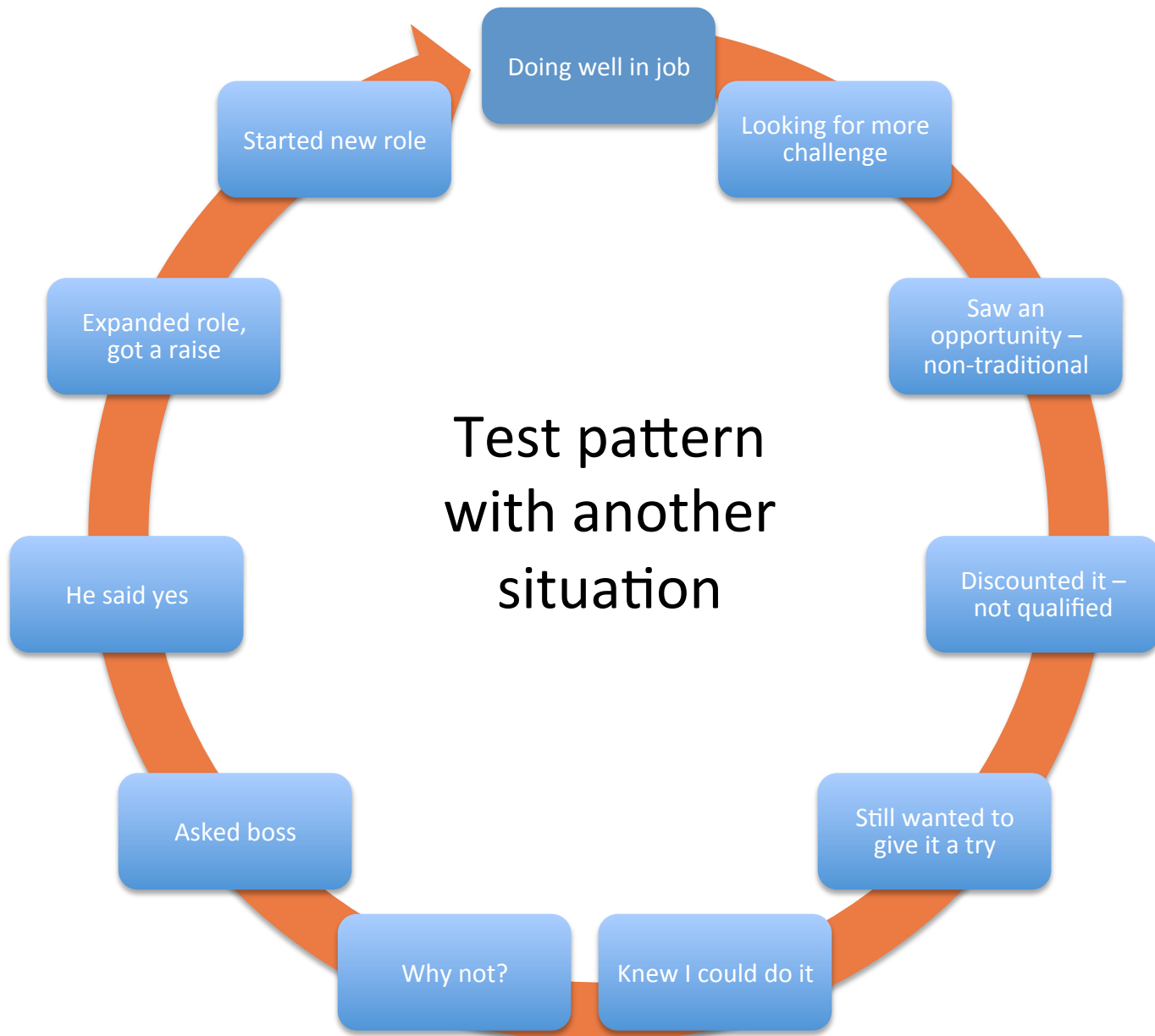
- Special rhythms and cycles
- Hard to see them in ourselves
- Details will be different but the theme is identical

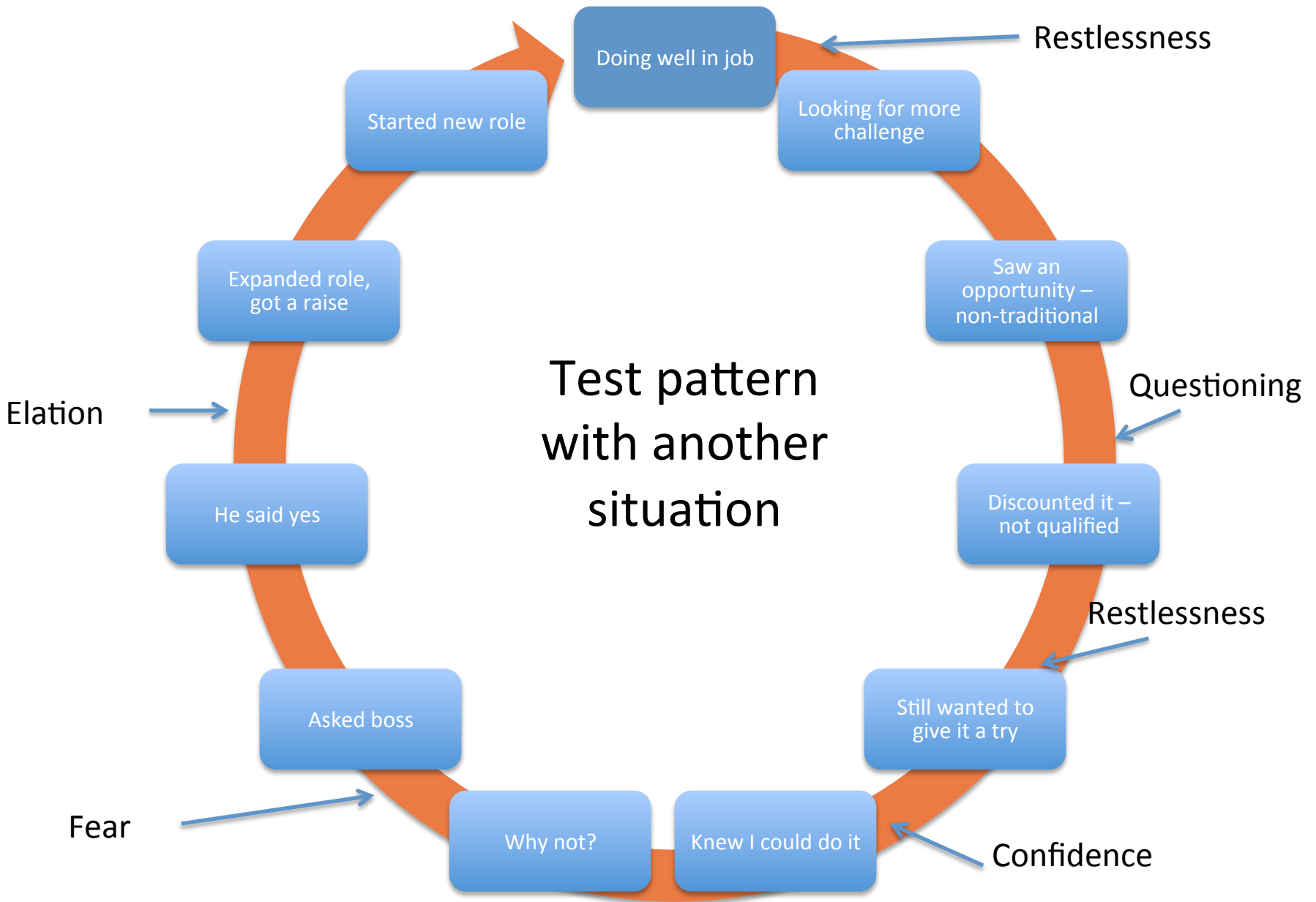


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What are your patterns?



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Part III: Power Up

- List your assets
- Daily affirmations – “I am
- Homework



Homework

- Identify characteristics of people you admire
- Identify repeating successful patterns
- Affirmations
- Monday evening at 8:00 pm ET

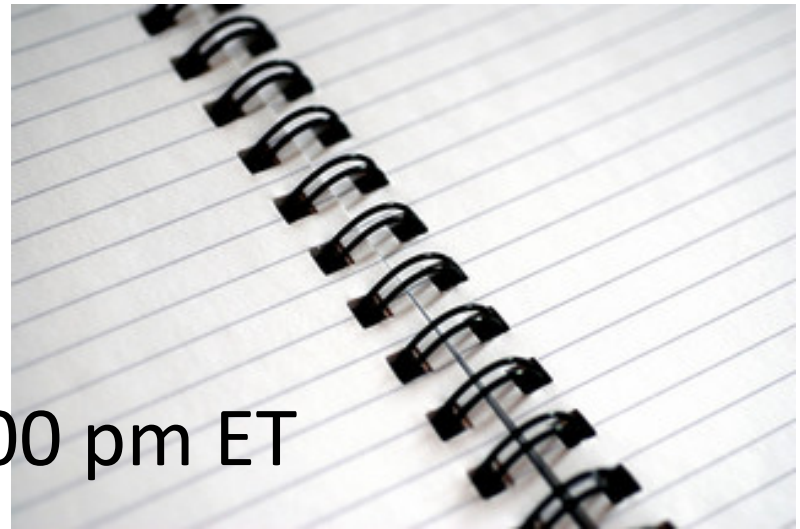


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