

The Journey to ME

Unleash Your Potential with Empowering Confidence

Session One Guidebook





Publication Notice

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The Five Truths About Habits

1.

2.

3.

4.

5.

An Ancient Legend: Finding the Secret of Success, Prosperity & Happiness

According to an ancient legend, a group of wise men were disturbed when they saw how humankind abused its wisdom. They decided to hide the secret of success and happiness where no one would ever again find it. But, where? The chief of the wise men called a council to decide.

One wise man said, "We will bury the secret of success and happiness in the dark depths of the Earth."

The chief of wise men thought about it for a while then responded, "No, that won't work. Humans will dig deep down into the Earth to find it."

A second wise man proposed, "We will sink the secret of success and happiness into the deepest ocean."

The chief thought about it for some time and then responded, "No, that won't work either. People will surely dive into the depths to find it."

Another wise man suggested, "We will hide it on top of the highest mountain."

Again the chief rejected the idea after considering it and said, "Humans will certainly climb the highest mountain to find it."

He continued, "Here is what we will do. We will hide the secret of success and happiness deep inside every individual. They will never think to look for it there."

And to this day, people continue their search across the Earth digging, diving, and climbing in search of something they already possess within themselves.

~Author Unknown

Each one of us already possesses the resources we need to be tremendously successful. We simply need to develop these gifts by becoming more of who we really are to discover the treasures in our heart. That's the secret of success, prosperity and happiness.

~Ann Rusnak

Meeting Captain T and His Gift to You

Your Gift

**You are the perfection of God's creation and
the creation of God's perfection
That alone makes you a worthy person.
God divinely created you to be successful in all things.**

Self worth comes from Self. Your worth doesn't come others. Your self esteem, self love and self confidence comes from you.... It's not call Other worth but Self Worth.

People often interchange the word value and self worth... there is a difference.

Worth:

The quality of a person that lends importance, value and merit. Quality that commands esteem, respect and moral excellence. As a creation of God, you come into this world with self worth. No one can take it away. It's always present even if you don't see it.

Self worth is important to your ultimate happiness.

Value:

That which is rendered desirable or useful... highly regarded.

It is important and critical you recognize your innate worth. Your ultimate happiness and sense of well-being virtually depend upon it. Understand when you recognize your innate worth, you'll to strive to fulfill your potential.

The Island of Hope

Meeting Nicole

The Phase of Hope: Hope is wonderful, but useless without action... hope without action is just a wish. So, do you really want to make your dream happen? Are you ready to take action?

Write down the first thing that comes to your mind from the questions

Where is blame holding you back?

Nicole's Gift to You



The Island of Responsibility

Meeting Paul

Responsibility: Your choice to become accountable for something within your power

Your Thoughts sail you through your life...Where Are Your Thoughts Taking You?

You are responsible for every thought that goes through your mind.

Identify the thoughts and beliefs that no longer serve you.

Stepping into Your Power

P _____
O _____
W _____
E _____
R _____

First 6 Affirmations

- I am good enough
- I love being me
- I am worth loving
- I rise above all limitations
- I have the power to make changes
- I create wonderful new beliefs for myself

Three Power Phrases Your weapons of protection

- ▶ **I choose**
- ▶ **I am ready**
- ▶ **I decide**

Forward Action Steps

1. Read the 6 Self-Worth Affirmations upon rising and again before bedtime.
2. Chart Your Course - Write out your Chart Your Course Vision if you don't have one
3. Write new thought messages to strength your self-worth and replace the limiting thoughts & beliefs.

Optional: Find pictures, phrases, quotes, resources etc. to support your Chart Your Course Vision Statement.

