



HAVASS
Academy & Coaching

DAY 9

What a beautiful day!

We continue to shine where we left off.

We insist on blossoming at the end of this program.

What do you think?

I want you to realize today that it is a surreal belief that everyone is good at everything. If you worry because of subjects you're not good at, then you're not getting anywhere. Because you're setting yourself an impossible (and rather unnecessary) goal and making unnecessary efforts to get there. If that were the case, no one would pay anyone to sing good songs, act, do the company's accounting, and most likely we'd all be out of a job. :)

Everyone's different talents and skills make the world colorful. And just like everyone else, there are areas you're very good at, as well as areas you're not interested in and can't manage. Of course, that's the way it's supposed to be. What you need to do is, instead of hitting the floor and saying, "Why am I not good at this?", be aware of the areas you are good at and spend your precious time on them rather.

Today is the time to list everything you are good at!

Are you good at human relationships?

Do you have a good ear for music?

Are you a good cook?

Do you handle challenges well?

Do you write very well?

Do you trust your sense of humor?

Do you handle crisis moments great?

Is your analytical intelligence good?

Or is your empathy strong?



I want to remind you right at the beginning of the biggest trap you can fall into here: The word "I don't know"!

If you say "I don't know" and nothing comes to mind, you know your critical voice is speaking again, which is what we focused on in week one. Sit at the table and don't get up until you find it. We're sure there are areas you're good at! If you can't think of anything, you can think of what subjects you did best in at school, what subjects your friends asked you to help them with ... The rest will come. Then, just like you did yesterday, we ask three people again: "Come on, tell me something I'm good at! :) " See you tomorrow!



Tasks

- Write down your good areas on the worksheet.
- Ask 3 people from your circle of acquaintances, whose sincerity you trust, about an area in which you are good.
- Write down the answers on the worksheet.
- Read them together with what you wrote on Day 1 (physical characteristics).
- Listen to your affirmation before you go to sleep at night.

