



HAVASS
Academy & Coaching

DAY 2

Who are you?

Have you ever thought about it? You need to know who you are.

If you know who you are, you will have an attitude in life, straight, solid. You will stand so straight that you will not be influenced by the value judgments, unconstructive criticisms, and distorted realities of others. Knowledge is power, when you know who you are, you will own your own power. Today you are going to take a big step to harness your power and meet yourself. I want you to ask yourself this question, "Who am I?" There are no right or wrong answers. You're going to define yourself in five different categories. The more details, the better!

1. physical characteristics

Height, weight, hair color, hairstyle, facial expression, skin features, clothing style, physical structure ...
(You should describe the areas of your body like chest, hips, leg length, fingers and neck separately).

2. character traits

What character traits do you think you have? Aggressive, stubborn, affectionate, aggressive, determined ... How do you define your attitude in life? What do you like to do? What are the things you can't stand?



3. communication in social life

What is your social life like? How do you deal with strangers? How do you relate to your family and friends? What are your strengths and weaknesses? What kind of person do you become when you enter a new environment?



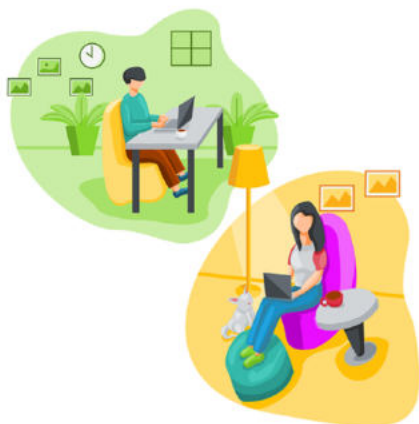
4. communication with the opposite gender.

You don't have to have a partner. How do you relate to the person you are interested in? What kind of person do you become in your relationships? What attitude do you take? Write it down in detail.

5. success in school or business life

What are you successful at in your school or business life? What do you tend not to succeed at? How do you define yourself in your professional life? Are you successful? Which of your sides are successful? Do you panic quickly? Do you get demoralized too quickly? Maybe you have a very nice ability to concentrate? How successful are you in accomplishing your tasks? Think in detail, write in detail.

Gather your head, focus, and write on the worksheet who you are. You will need this list tomorrow!



Tasks

- Describe yourself and write in the worksheet.
- Listen to your affirmation before you go to sleep at night.



HAVASS ACADEMY & COACHING