

CREATING A *Seat*

CONSULTING GROUP

Finding Your Strengths

Strengths Inventory



*Now is the time to discover more about yourself.
It is now the time to embrace the things you love
the most.*

let's do this

Hello!



Welcome to *Breaking Through Imposter Syndrome and Stepping into HERSTORY* course. I am beyond excited that you're here. This means that you have decided to take the first step that will help you to navigate your fears, self-doubt and other limiting beliefs so you can begin to create the life that you love. I know that deciding to take the first step is not always an easy decision and I am so very proud of you and I will be with you every step of the way.

I am Dr. Yudi Ross, an accomplished educational leader with 15+ years of high-impact experience with a stellar record of architecting and accelerating the growth of academic learning programs. I have been instrumental in developing pedagogical programs, including multi-mode, blended, and e-learning platforms for diverse groups and skilled in leveraging superior communication and analytical skills to deliver training.

I am very excited for this new partnership and I can't wait to see your journey as we go along this course.

WITH LOVE,

Dr. Yudi Ross

Making the most

How to Use This

YOUR TOP TIPS FOR HOW TO MAKE THE
MOST OF YOUR DIGITAL WORKBOOK.

Building success habits is necessary to become the best version of yourself. And it's all about setting, achieving the right goals and discovering what your strengths are.

Sometimes you may find yourself faced with a barrage of conflicting priorities that hold you back from achieving them, but don't worry! This workbook will help unlock your potential to become the best version of yourself possible.

LESSON

02

Identifying Your Strengths

*You have the power over your mind- not
outside events.*

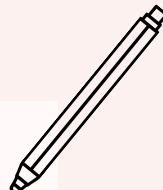
*Realize this and you will find your
strength-Marcus Aurelius*

FIND YOUR STRENGTH

WORKBOOK

With this workbook, you will be able to set up the right goals and unlock your potential. You know that at times it can get difficult with a barrage of conflicting priorities but don't let them hold you back from achieving what's important. Building success habits is necessary in order for us all to become our best selves so we've created this book just for people who want more out of themselves!

1. What are your best skills and talents? At home, at work, play...?



FINDING YOUR STRENGTHS

2. What do you consider your personal strengths - values, characteristics, personality?

3. What do people say about you? How do they describe you as a person, worker, friend?

4. How do these traits translate into qualities for your ideal work?

FINDING YOUR STRENGTHS

5. *What are some of the things you've been wanting to try but haven't?
What's stopping you from trying them out?*

6. *What are my goals after developing my strengths?*

7. *Who or what are my biggest motivations in doing things?*

FINDING YOUR STRENGTHS

8. What are 5 negative thoughts that occur consistently in my self-talk?

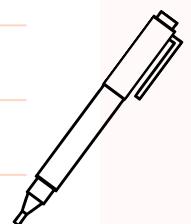
What positive statements that support my goal can I say instead?

9. What new habits should I form to support my goals in-line with my passion?

“
If you feel like there's something out there that you're supposed to be doing, if you have a passion for it, then stop wishing and just do it

WANDA SKYES

Take a Note



Thank you!

"Thank you" is probably something you hear all the time, but today when you I say those two words, just know I mean them more than you know.

I thank you for believing and trusting in me. Thank you for allowing me to open up your mind to the endless possibilities that's awaiting for you once you get out of your own way.

And most of all, thank you for allowing me to create my seat at the table and invite others to sit with me.

Thank you for your continued support!!!!

WITH LOVE,

Dr. Yudi Ross



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