



move forward

toward more of
what you want

self leadership masterclass :
how to tap into the power of the self
for motivation and self-direction

introduction:

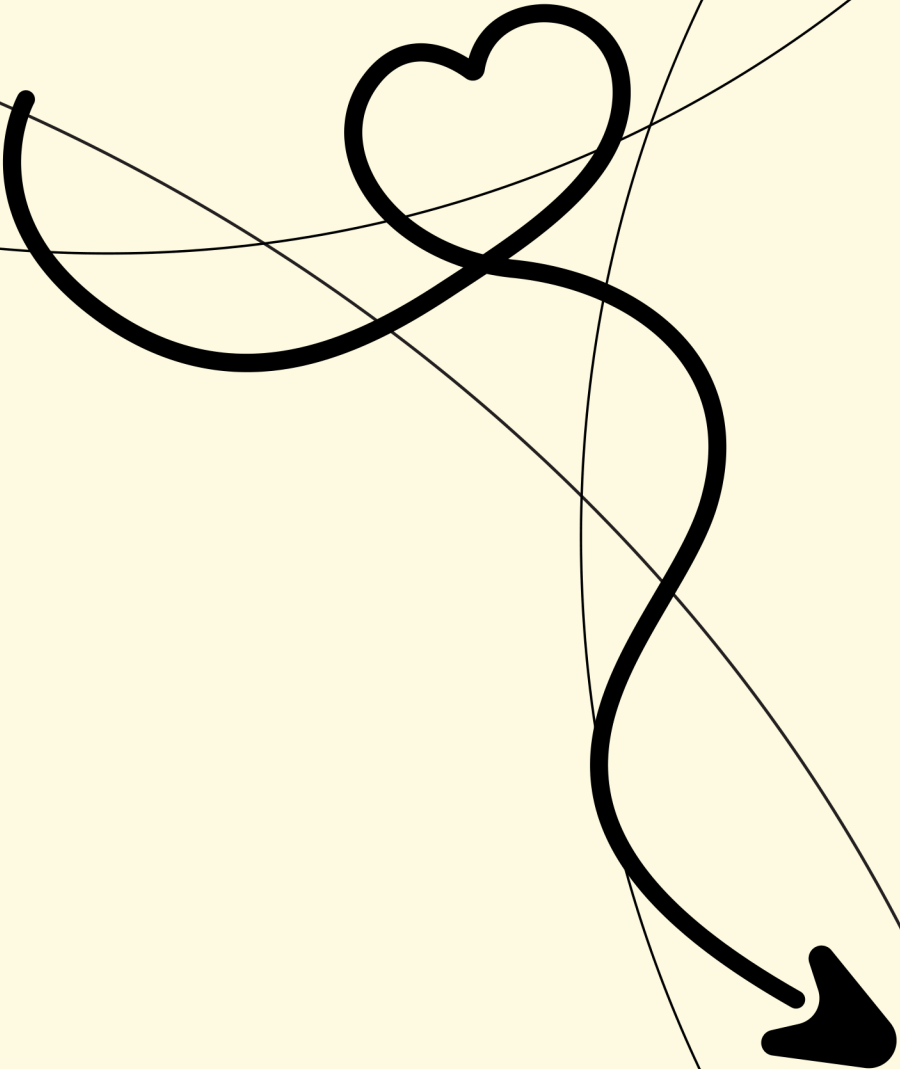
about karen & this masterclass



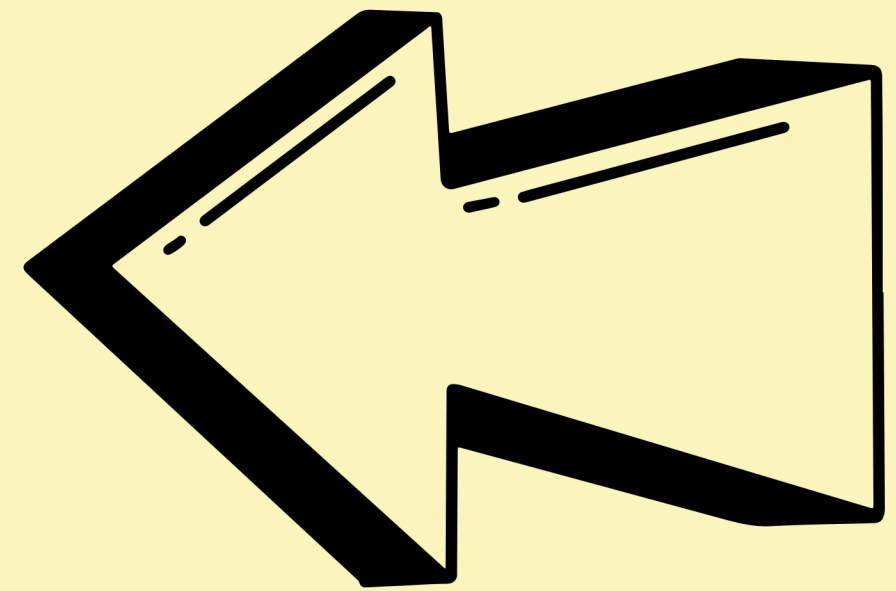
move.

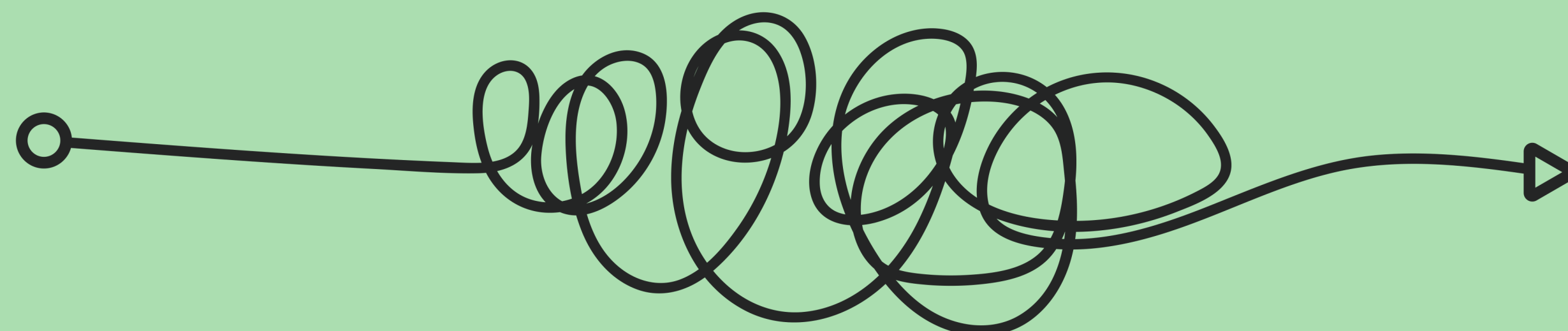
meaning

mojo



activity:
i am

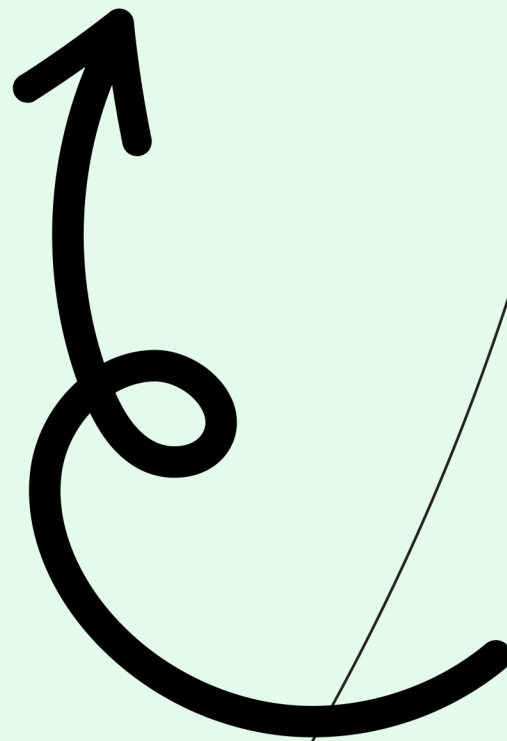




step 1

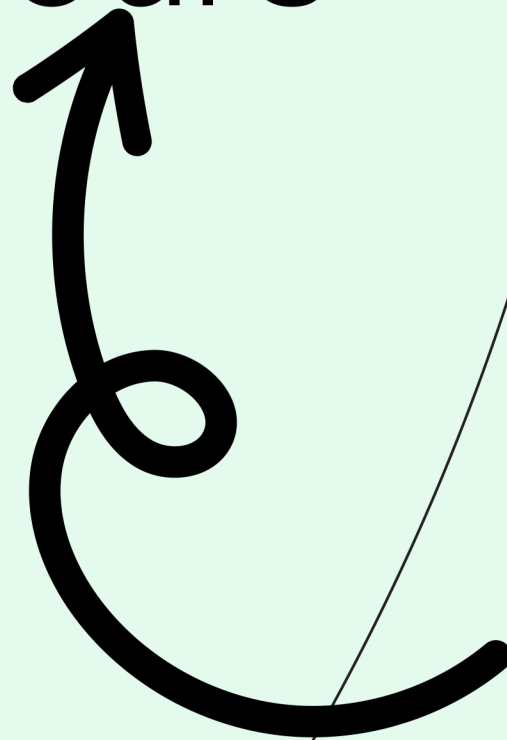
meaningful
behaviours

golden rules of behaviours



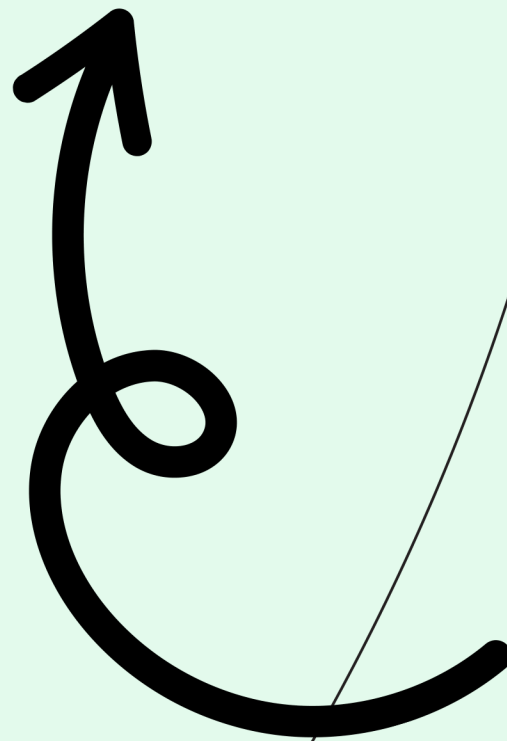
- start first and feel motivation second
- you can struggle and also move forward
- this is you doubling down on you

how to
choose
behaviours



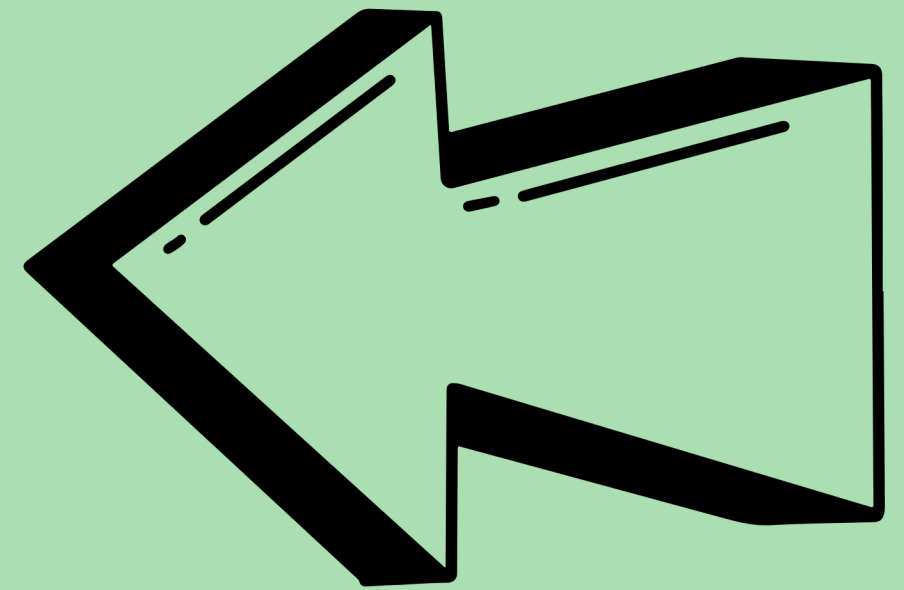
- your identity
- your desire
- your direction

make it easy
to start



- try baby steps
- try imperfect steps
- try the next right step

activity:
my meaningful move



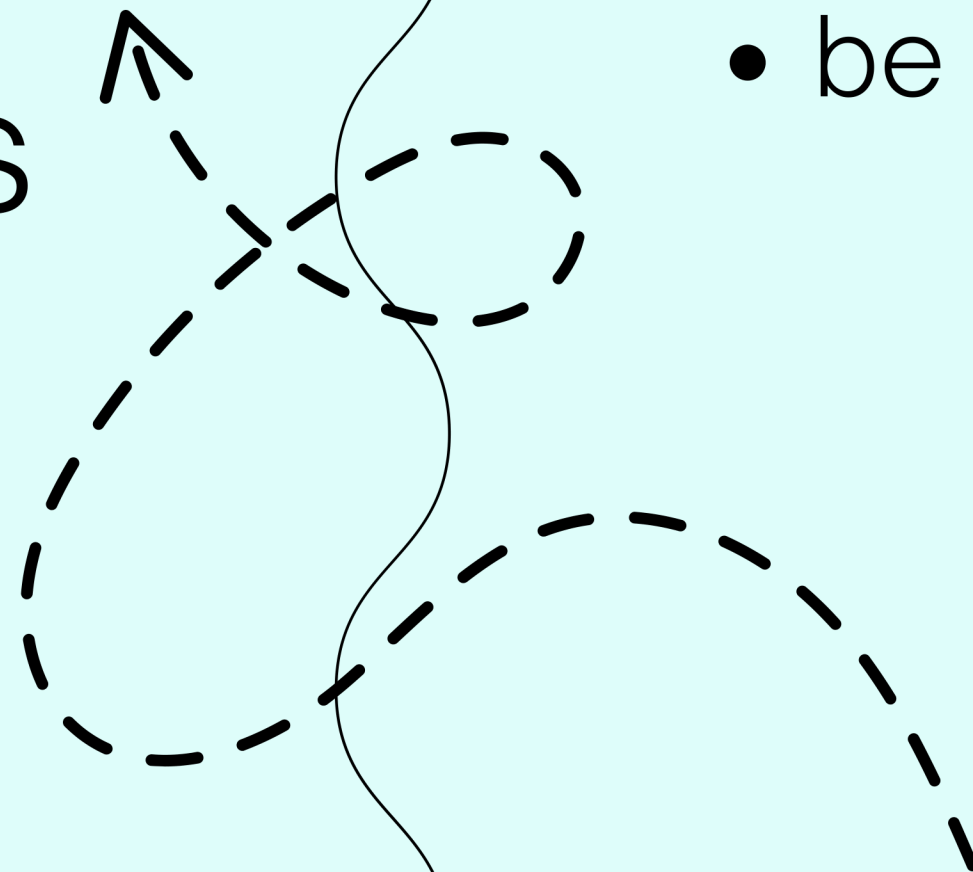


step 2:

meaningful
beliefs

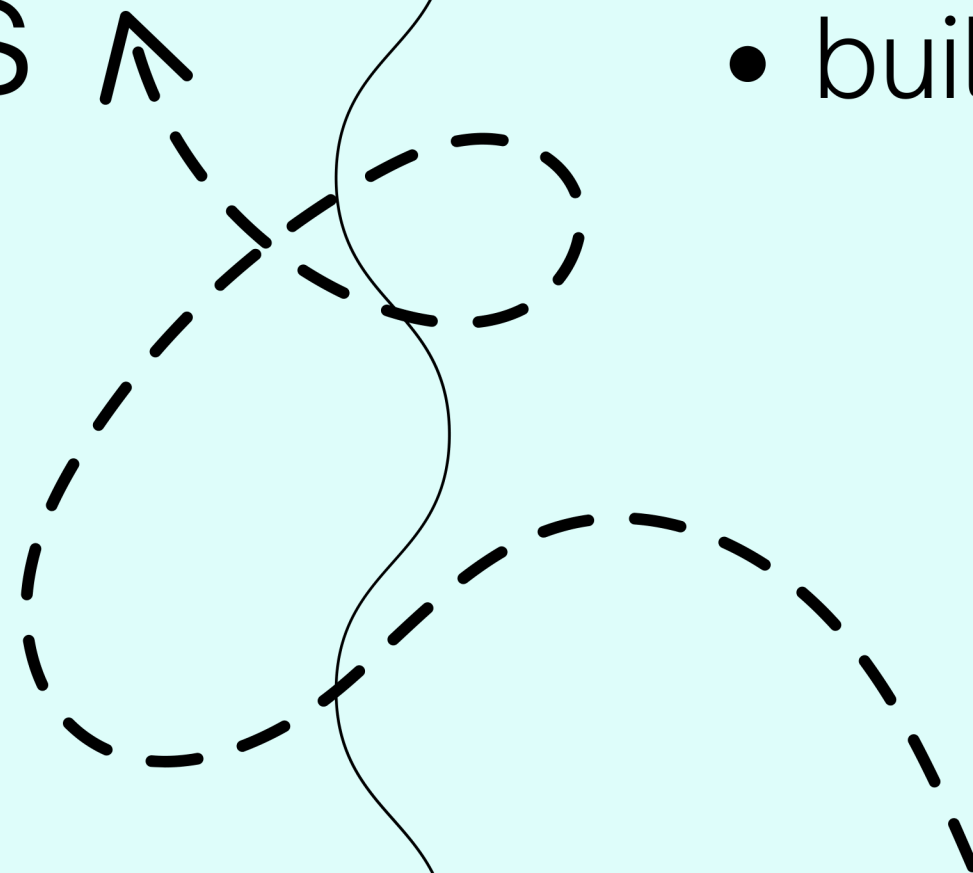
what to
know
about
beliefs

- empowering vs limiting beliefs
- noticing & questioning beliefs
- be aware of cognitive dissonance



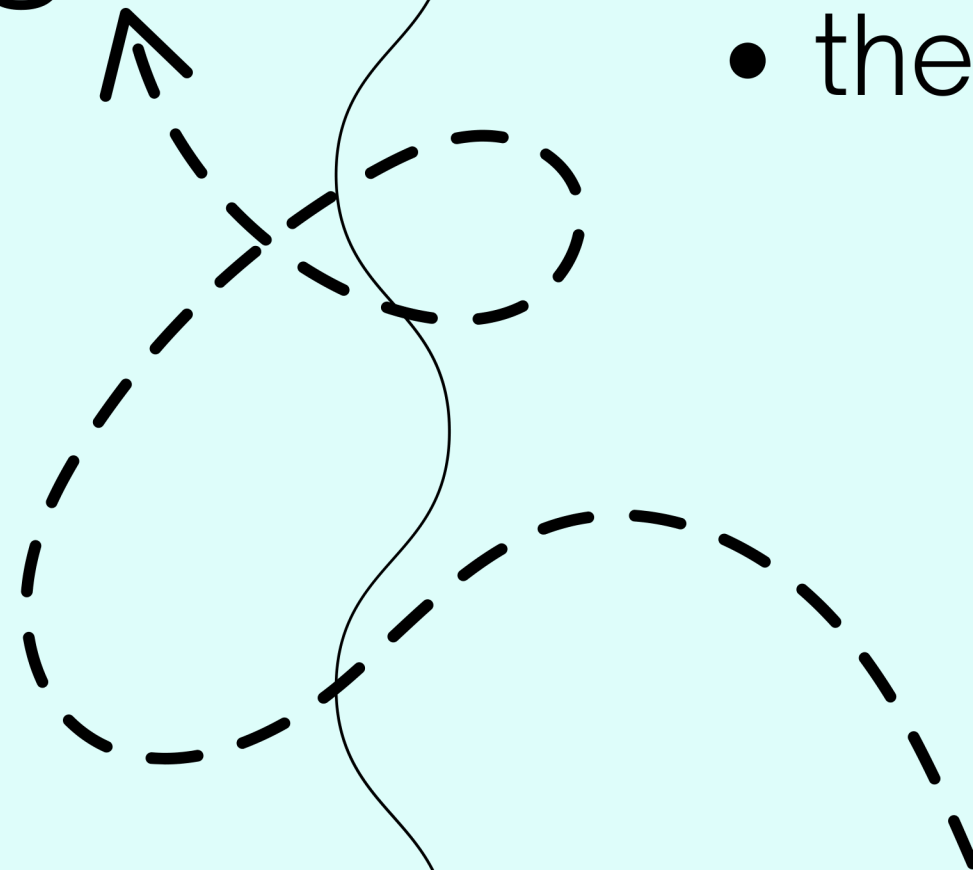
how to create beliefs

- choosing a new belief
- how beliefs are formed
- build a new, empowering belief

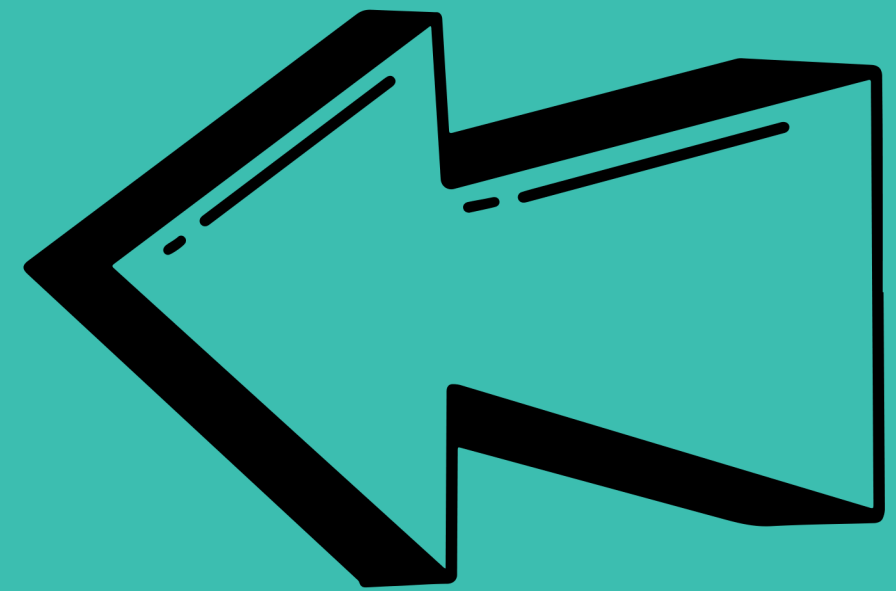


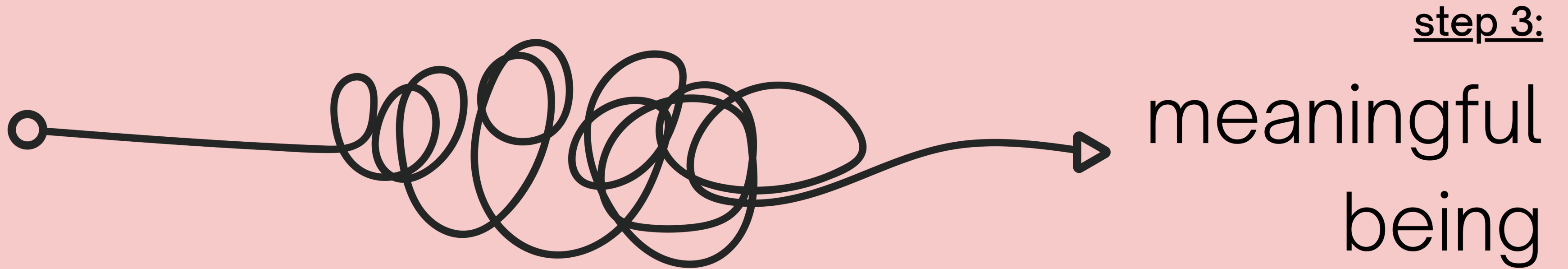
belief
building

- grow your belief like a tree
- turnarounds
- the one possibility



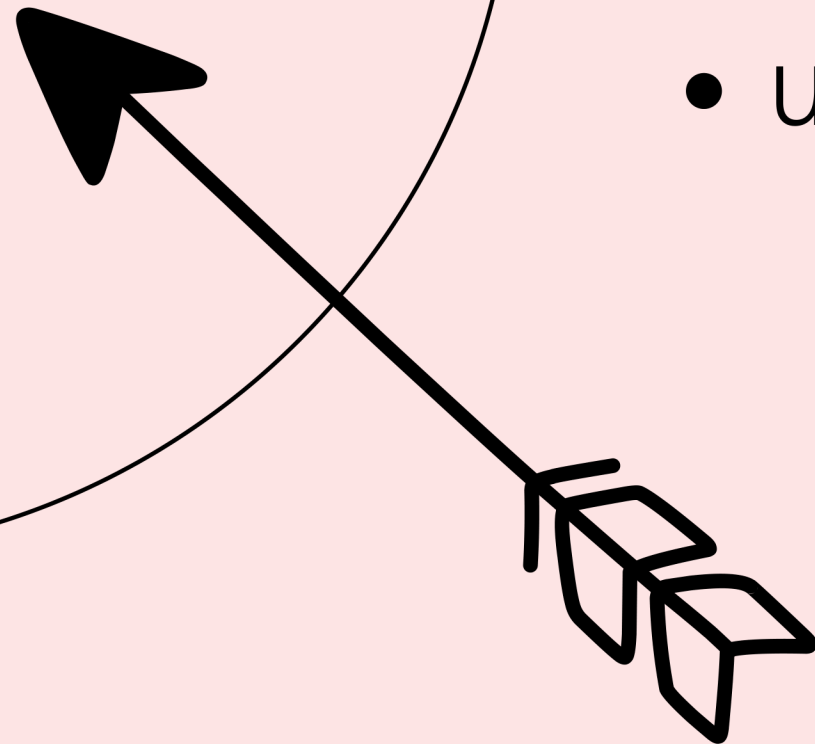
activity:
my meaningful belief





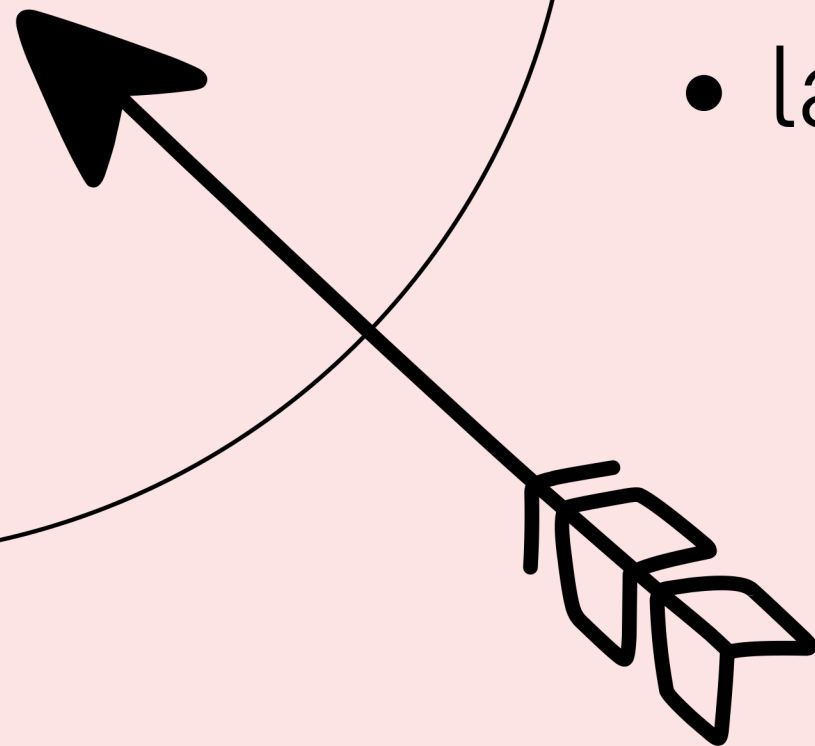
how to
choose your
purpose

- about your purpose
- choosing your purpose
- using your purpose



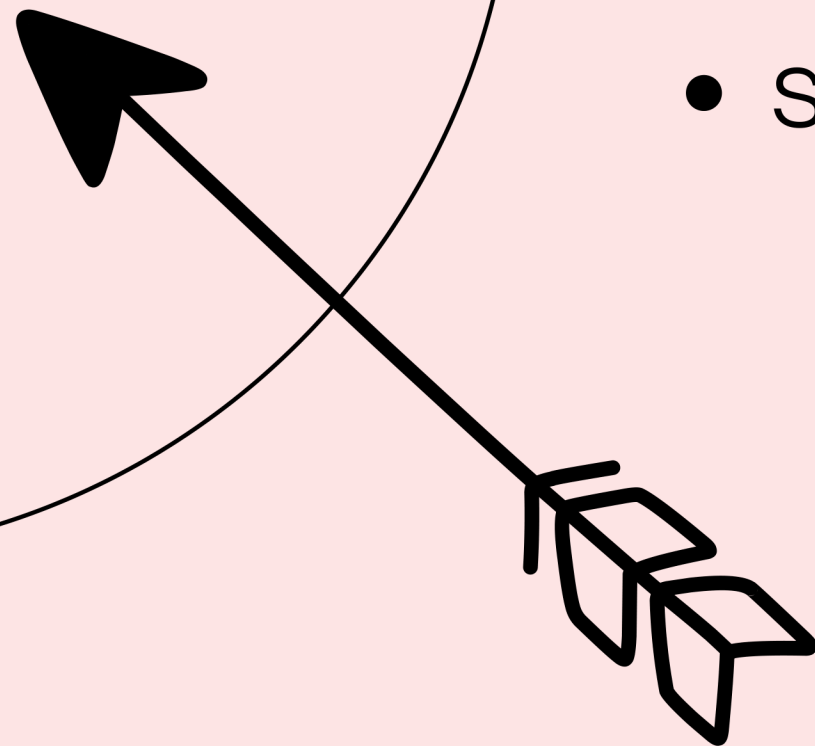
why
meaning
matters

- positive psychology
- widen your focus
- languishing vs flourishing

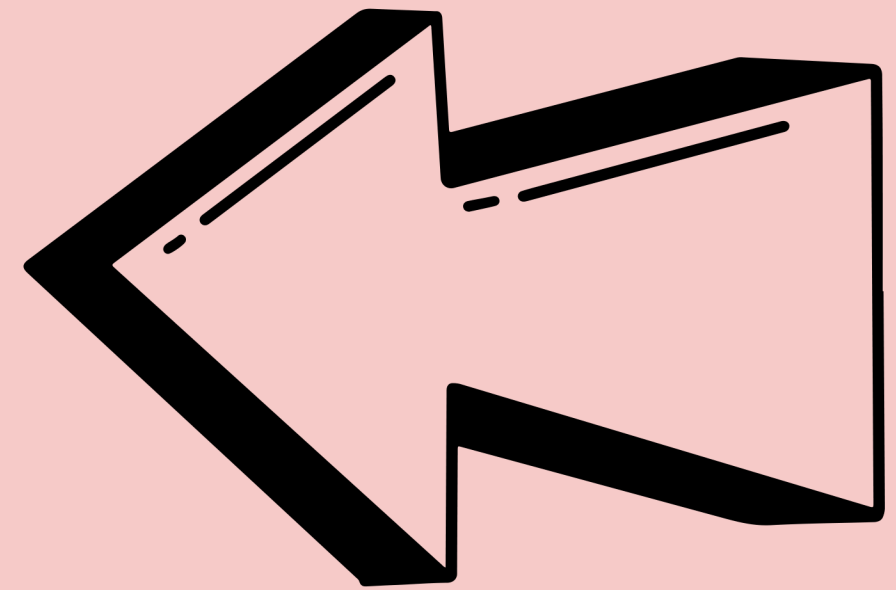


be like a
superhero

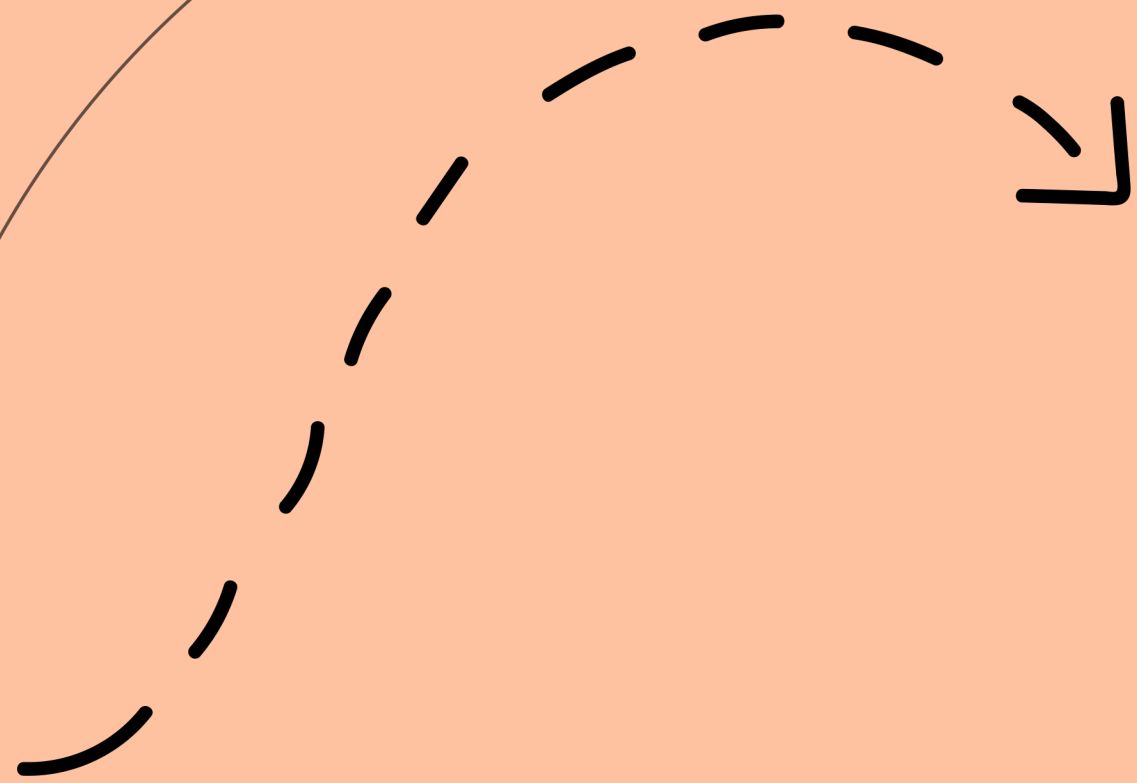
- mission
- superpowers
- secret identity



activity:
my purpose plans



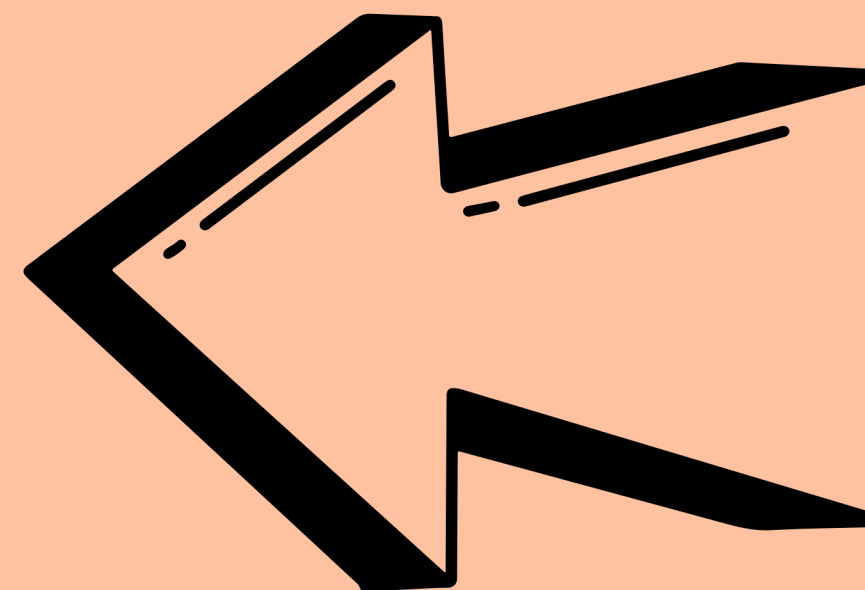
to conclude:



commitment:

i am _____. so i will _____.

activity:
i was me today



visit karengunton.com

shine workbook

enough free ebook

illuminate oracle deck

kg@karengunton.com

instagram DM

FB messenger

