

## Part 1: Finalizing Your Personal Power Sweet Spot©

### 1. Collecting my Personal Power Sweet Spot© Skills

These skills came out in the Tribe Survey:

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

I have these additional skills:

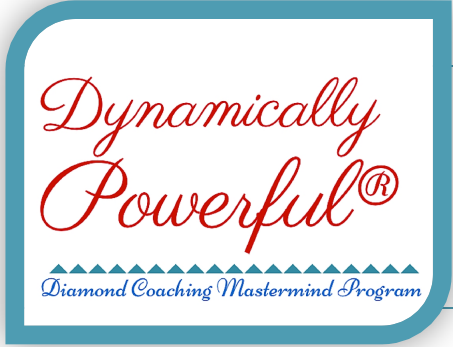
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
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- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

## Module Three: Finalizing & Applying Your PPSS©

### 2. Analyzing my Personal Power Sweet Spot© Skills



Of all of your skills which 3 do you feel you could <u>use more of</u> to get better results?	Of all of your skills which 3 do you feel you could <u>use less of</u> to get better results?
Give examples of where this would have been true and the results you would have received:	Give examples of where this would have been true and the results you would have received:



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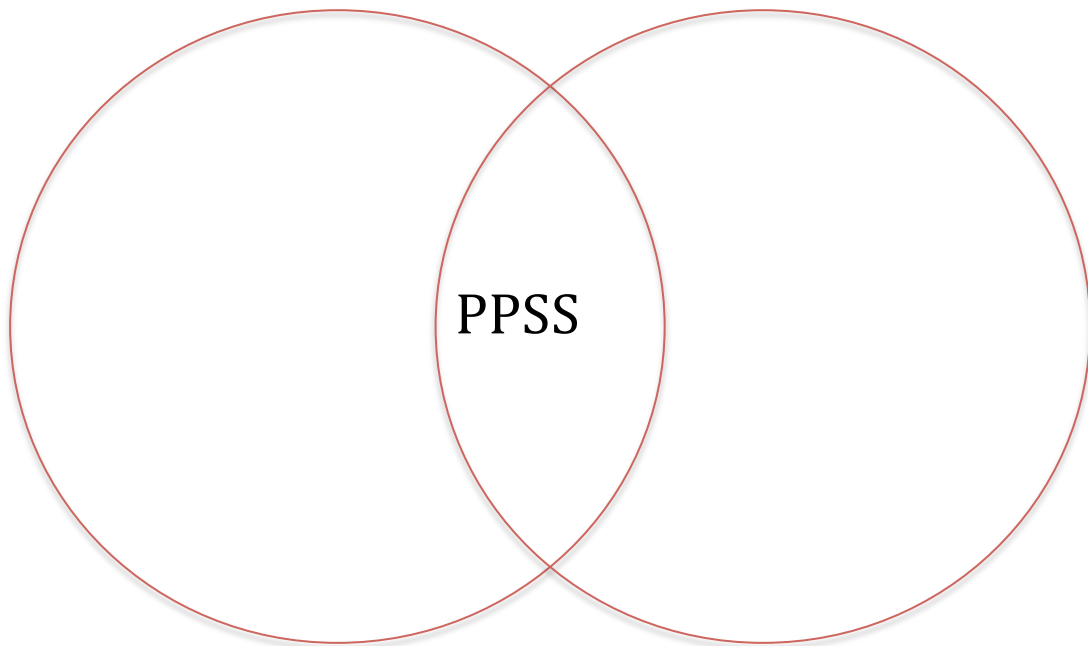
## 3. Creating my Personal Power Sweet Spot© Combination

The skill or quality you would <u>turn up</u>	The skill or quality you would <u>turn down</u>

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### 4. Finalizing my Personal Power Sweet Spot©

Which combination feels the best?



What feels good about it?

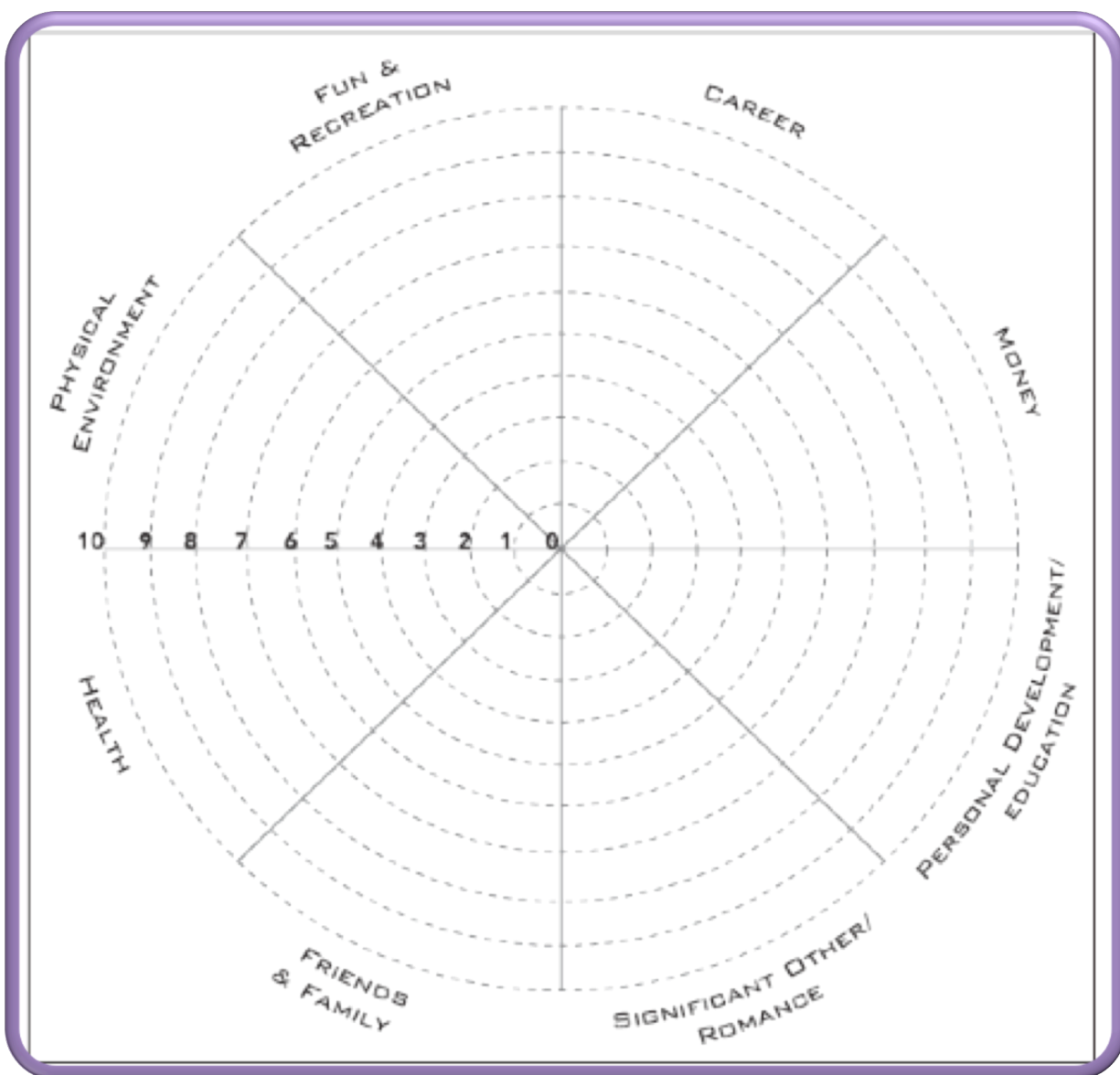
What am I excited about?

What will it bring me?

# Module Three: Finalizing & Applying Your PPSS©

## Part 2: Applying your Personal Power Sweet Spot©

### 1. Your Current Level of Satisfaction



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### Career

This includes: your job or your business, industry, level/position can even include your work environment, coworkers, boss clients/customers and suppliers etc. This also refers to if you're unemployed and if you volunteer.

### Friends and Family

Think of the relationships you have with your friends: this includes the mutual support and how much you enjoy your time together. For family it refers to your immediate family as well as those in your extended family whom you want to be close with.

### Money

This is not about having a billion dollars. It's more about how satisfied you are with the amount of money you have. Do you have enough to do what you need or want in life? To cover bills? Do you have an understanding about your financial position and a plan for your financial future?

### Health

Health includes your overall wellness: your physical body, your inner health and the level of exercise and nutrition. If you have any illnesses or other complaints such as headaches, lack of energy, weight gain or any physical limitations they would be included here.

### Personal Development/Education

This can include your hobbies, reading, any courses you are taking and anything you are learning. This would also be your spiritual side if you have one. Also conferences, seminars, self-improvement, self-awareness and personal growth.

### Physical Environment

This is your home, neighborhood, community, city, country and the weather where you live. This can also include how it is inside your home.

Think about the place or spaces you spend the most time in.

### Significant Other/Romance

This can be the person you are dating, your partner or spouse and the romance you have. Referring to the emotional and physical connection you have, the amount of time you spend together, the mutual respect and support you have and your level of communication and connection.

### Fun and Recreation

This area can include the times out with family/friends or a significant other. In general the amount of fun you are having going to activities such as concerts, sporting events, dinners or movies out, your hobbies and going on vacation or having time off to do whatever you enjoy.

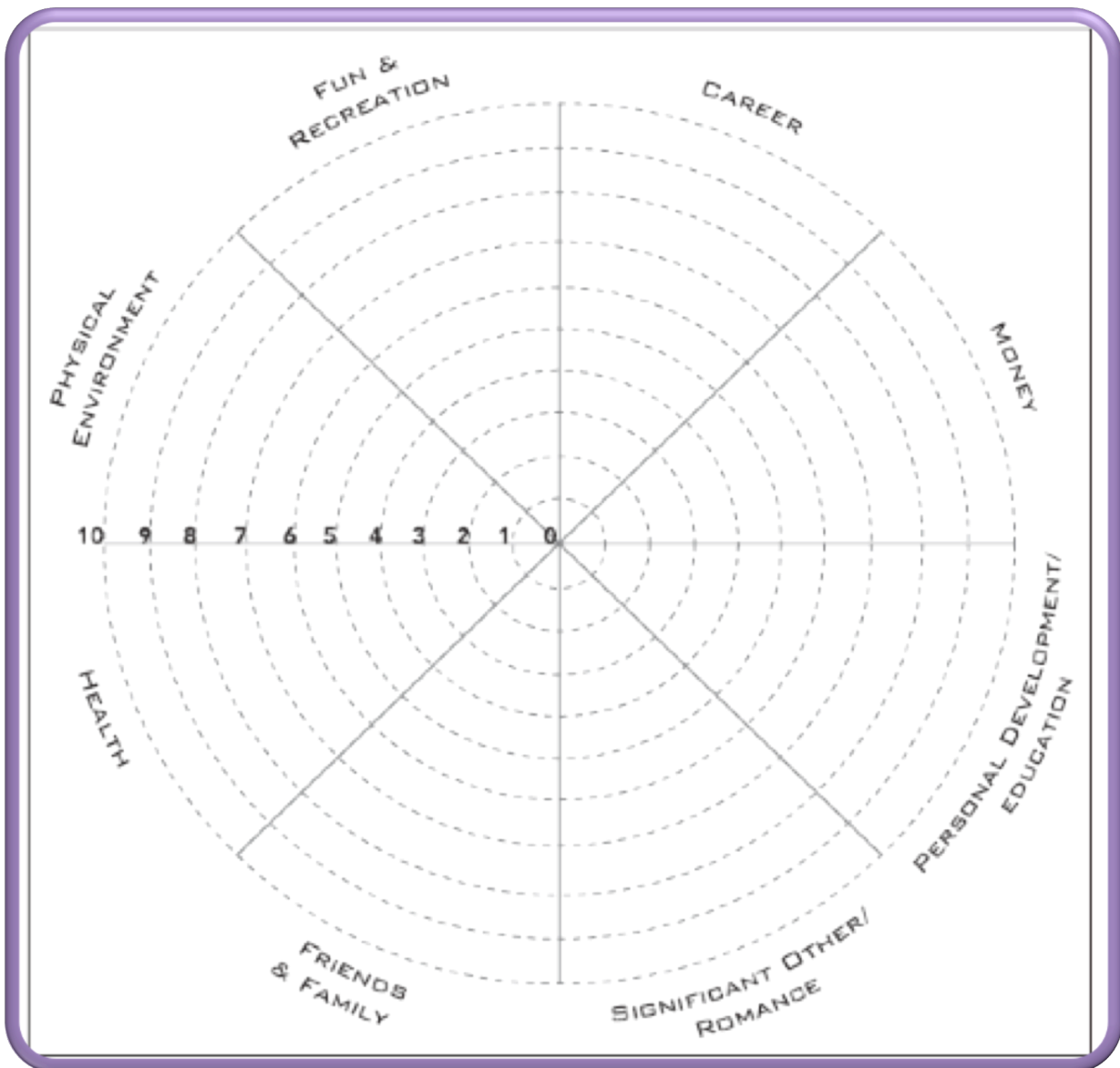
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### 2. Determining What Needs to Change in your Satisfaction

Area of Your Life	What you'd like to be more satisfied about
Career	1. 2. 3.
Money	1. 2. 3.
Personal Development/ Education/Spiritual	1. 2. 3.
Significant Other/Romance	1. 2. 3.
Friends and Family	1. 2. 3.
Health	1. 2. 3.
Physical Environment	1. 2. 3.
Fun and Recreation	1. 2. 3.

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### 3. Deciding your Ideal Satisfaction



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### 4. Designing the Higher Satisfaction

Area of Your Life	What is it like when you're more Satisfied
<b>Career</b>	1. 2. 3.
<b>Money</b>	1. 2. 3.
<b>Personal Development/ Education/Spiritual</b>	1. 2. 3.
<b>Significant Other/Romance</b>	1. 2. 3.
<b>Friends and Family</b>	1. 2. 3.
<b>Health</b>	1. 2. 3.
<b>Physical Environment</b>	1. 2. 3.
<b>Fun and Recreation</b>	1. 2. 3.

### 5. Living an Empowered Life

What do you now do differently?

How does it change the way you speak?

How does it influence the way you act?

What do you now say 'no' to?

What do you now say 'yes' to?

What has become easier?