Reveal Your Sexy Systems

Turn Your Proven Systems Into A Product You Can Sell

> > Handout: Finding Your Secret Self Worksheet

FLINKERT
sexy systems for more success in your business

FINDING YOUR SECRET SELF WORKSHEET

Use this worksheet to look back at your life and identify what made you different—and what gave you joy. NOTE: The best way to do this is just write the first thing off the top of your head. Don't "filter" and "edit" your responses. HAVE FUN with this!

"The weirdest, most memorable thing I ever did as a child was"	"When I was a kid, I loved most of all to"	What my friends always
List repetitive or once-in-a- lifetime things you did, no matter how seemingly trivial or off the wall (or even how mundane)	□ Physical activities	□ Wanted me to do
#1:		
	□ Doing	☐ Asked me to make
#2:	□ Creating	□ Told me I was good at
#3:	□ Being with	☐ Asked me about

Finding Your Secret Self Worksheet

Looking back		
What gave me the most joy? When was I happiest as a child?		
What was I doing when I was happiest?		
What always made me forget my problems?		
What was it about that I loved so much? (Touch, scent, taste, sight, feeling)		
What was my year first ambition? What did I want to be, when I grow up?		
What was my very first ambition? What did I want to be, when I grew up?		

Finding Your Secret Self Worksheet

[OPTIONAL] INSERT A COPY OF YOUR FAVORITE CHILDHOOD PHOTO OF YOURSELF IN THE BOX, BELOW:
What were you doing in that photo?
What makes you happy when you look at it?
How did you feel that day?
What made you feel that way?

Looking to the present		
What did I wish I had, one year ago (thin journey)	nk things/products to help you on your own	
I am happiest Watching Making with my hands Listening to Reading	My followers are happiest Making with their hands Watching Listening to Reading	
What is my favorite: Activity Relaxation technique Energizer and battery recharger Place to be		
What would I like to create right now?		

Remember—THERE ARE NO "RIGHT" OR "WRONG" ANSWERS: This is just an exercise to get your creative right-brain stimulated. HAVE FUN!