



*Baast  
Your  
Strengths*



# Hey Gorgeous



## Did you know you need to start owning your story?

One step to unhermitting yourself is to acknowledge your story. ALL of it.

What stories have you been telling yourself? (Write it out if you need to)  
Do you find yourself saying stuff like "I'm not interesting, I'm boring, No one will want me and I'm unlovable?"

Turn those statements into something more loving: My most interesting thing about me is... I am lovable because... I am worthy.

On the next page is an activity to help you to boost your strengths and to move forward in loving action. It's just one way to help you feel more assured on your way to unhermitting yourself.



## BOOST YOUR STRENGTHS

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{**WORKSHEET CREDIT**} This worksheet activity is an awesome resource (adapted for this pdf), and was given to me when I was doing my life coaching course at Beautiful You Life Coaching Academy. I hope you enjoy it as much as I did. It's one I have used with my clients and I must say all of them come into resistance when it came to completing the activity. It's ok to feel that way. Feel it and keep coming back to the worksheet in the knowledge that you are worthy to hang out with and you have so many characteristics that are amazing. Go you.



- // Think about your **3 favourite strengths**.
- // **Write them out.**
- // Under each strength **write out how you can boost these strengths**. Write a quick 3-5 bullet point action plan for how you can boost these strengths. **If stuck look at these questions below:**
  
- // What **opportunities** are out there for me?
- // How could I **use this strength more** in life and/or work?
- // How could I **turn this strength into an opportunity**?
- // What **ideas** have I had that I've been putting off?
- // Where could I **use this strength to make a difference** in my life?
- // Where could I really **SHINE** if I just let myself?



# About Diana



Diana Braybrooke is a trained Beautiful You Life Coach, teacher and speaker. She is also a spiritual adventurer and avid (spiritual) rule breaker. Diana helps women who want to reconnect with themselves (their faith and spirituality) and with the collective sisterhood. Diana believes in God and that our connection to Him can not only be deep but can also be fun too. She believes that there is a spiritual awakening rising up and that the collective sisterhood is an important part of awakening that spirit. You can learn more about Diana at:

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**P.S Feel like you need some support boosting your strengths?  
Get on a call with me. I'd love to talk. (Email details above).**