



connectingthedots. Begin again

A JOURNEY OF SELF-DISCOVERY STARTS HERE

Thank you for choosing us to help you "Begin again"

We believe that the starting point of any new beginning is to delve deeply inwards to find out more about who we really are, in order to help us build our personal brand.

Self-branding is the best investment you can make to differentiate yourself from the competition, and to create your own authentic, and unique space in your personal and professional life. Not only it will significantly boost your confidence and help you get further in your career, but most importantly it will resonate prominently in any endeavor you pursue. This is not one of the things where you can "fake it till you make it" - It's counter-intuitive to begin with, and self-sabotaging. Your personal brand is made of every single decision, action, ritual, pattern and thought that you have manifested.

(Find out more in our blogpost about "Personal Branding")

The power of self-awareness will enable you to locate yourself - to truly get in touch with what you are manifesting in your life. It will bring awareness to your routine, your habits and behaviors. It should also be able to highlight your

strengths, and shed some light on the areas that you would like to develop, change or completely eliminate.

We have created powerful questions that have been proven to expose the raw version of yourself. They will enable you to name your emotions, validate them, and even potentially find the underlying reasons behind them.

This activity could be the foundation of your self-discovery, to see things clearer so that you can start connecting your dots.

- What am I feeling today?
- What were my feelings yesterday?
- How do I want to feel now?
- How do I want to feel for most of life?
- What is the ONE THING that I can do and the results will be perfect?
- What am I good at?
- What compliments do I get the most?
- Are those compliments new to me?
- Do these compliments resemble the image that I have of me in my head?
- What is something I'm average at?
- What makes me really happy?
- What makes me sad?
- What motivates me?
- What is something that I motivate my family and friends with?
- What makes me feel lethargic?
- What fills me with energy?
- What is the ONE THING that I don't mind doing, even when I'm tired?
- What stresses me out?
- What makes me relaxed?
- What is ONE topic that I can talk about without preparing?
- What kind of food do I eat MOST of the time?
- Who are the people who deplete my energy?
- Who are the people that I'm with when I'm feeling my best?
- In whose company I feel the most energized?
- What makes me feel that I'm successful?
- How do I feel when I complete a task, achieve my goals, or meet a deadline?
- What makes me angry?
- What am I afraid of?
- What is something that I WANT to change about myself?
- How do I describe myself?
- Who do I want to be?
- What kind of friend would I like to be?
- What do I value in life?

There's no right or wrong answer - some answers may contradict each other, therefore you may need to dig deeper and try to discover the emotions connected to them, and to understand the underlying reasons behind them.

Think deeply about your core values, what is truly important to you?

We compiled some themes with examples that occur with most people:

- **Achievements:** Having a sense of accomplishment and making a lasting contribution.
- **Career-related principles:** Managing and teaching others, resolving disputes, organizing, building, researching.
- **Hedonism:** Enjoying a leisurely life.
- **Power:** Being influential and wealthy, having authority or being in charge.
- **Relationships:** Nurturing real friendships, building strong bonds with family and friends, staying loyal, being honest.
- **Spirituality and tradition:** Showing respect to traditions, living in line with religious beliefs.
- **Sensation-seeking:** Leading an adventurous life, pursuing novelty and change.
- **Security:** Keeping yourself and your loved ones safe and avoiding debt.
- **Social-restraints:** Being self-disciplined and resisting temptation, meeting obligations.
- **Universalism:** Spending time with nature, gaining wisdom, creating beauty and care for the weak.
- **Miscellaneous:** Being self-sufficient, curious to discover new things, solving problems, trying to be a better person.

This exercise aims to verbalize your inner thoughts and feelings in order to help you connect your dots. As we mentioned, self-awareness is the starting point of your journey; therefore on its own, it is insufficient to produce positive change in your life. The work following this will enable you to begin again, a life of fulfillment with your most authentic self.

We invite you to reflect on your answers by linking them to these questions below- Rating them on a scale of 1 (not important) to 5 (very important) could also be quite beneficial to decide what to make of them.

- Is this principle/ value/ behavior important to me? Is it fun, meaningful or vital to me?
- Are my actions aligned with what I truly like? Do they serve my future self?
- Do I feel pressured to embrace a certain value, or engage in an activity because of others - whether my family, friends, partner or colleagues?
- To what extent have I been successful at putting this value into practice in my life? Do I practice it at all and, if so, in which ways?
- What could I do to start moving closer to leading a life that is more in line with my core values/ with my real interests?

This invaluable pondering will allow you to connect your dots, by doing more of what resembles you, and less of what is no longer serving you.

It's the only sustainable approach to leading a fulfilling life - it will offer you an appealing personal brand that will become undeniable in both your personal and professional life. Bear in mind, it is always an on-going process - but getting closer to what you really value in life will put you on the right path to "Begin again".

Let's keep connecting the dots!

Best,
connectingthedots Team



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