

Discover Yourself will help you activate your best self through self-awareness and self-discovery. This workbook will help you examine your spirit, emotional intelligence, communication skills, physical body and life's passions through self-reflection and analysis. As a result, you will be more likely to achieve dreams, feel healthier mentally and physically, and remove blocks that prevent true happiness. Specifically, this workbook will help you reflect and journal your strengths and areas of development related to: -becoming more mindful -increasing emotional intelligence -enhancing listening and communication skills -assessing your physical body -letting go of the past and focusing on the present moment -developing positive intentions and setting SMART goals -beginning the process of change: slowly, surely, permanently! This heart-centered program has been used by Dr. Jessica Blalock over the past 7 years and has successfully proven to help people: -Enhance self-awareness -Increase confidence -Take care of their physical body -Implement mindfulness techniques daily -Improve the quality of their lives By taking time to reflect and re-evaluate your WHOLE self, you will feel healthier mentally and physically, and begin to remove blocks that prevent true happiness. Using your strengths, knowing your life's purpose and nurturing yourself along the journey are all critical as you journey through life. This process requires will, determination and persistence. By (re)discovering SELF, you have the opportunity to improve your behavior, thinking, and your interactions with others by first making changes in yourself. This workbook is also used with the book *Discovery: Raise Your Personal Power in a Changing World*.

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