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The Power of Breakthroughs Video Course Discovery Sheet

*"the act of finding or learning something for the first time;
the act of discovering something;
something seen or learned for the first time : something discovered"*

The voyage of
discovery is not in
seeking new
landscapes but in
having new eyes.
- Oprah Winfrey

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This is the
beginning of
anything you
want.

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The greatest
discovery you will
ever make is that
nothing is
impossible.
- Dan Walschmidt

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Find a quiet space where you can be present. Take a few deep breaths to really "tune in". Once you experience being present use your discovery sheet and answer some of the following questions.

- Ask yourself where you feel you may need support?
- Where are you being inauthentic with yourself?
- What would really give you clarity and strength?
- What areas in your life reactivate you?
- Who are the people who reactivate you in your life?
- What have your friends or the people closest to you said about where you need to grow?

How will you "discover" around what keeps you or supports you from realizing YOUR DREAMS? Be specific and put 'by when' dates next to what you have committed to do in the area of "discovery".

Make sure you write everything in the present tense. Examples:

Example Discovery 1

By October 15 2015, I explore the anger I have towards my spouse for spending more money than I want them to on personal items by speaking to a therapist.

Example Discovery 2

By October 15 2015, I attend a workshop on how to create magical,
empowering relationships.

Example Discovery 3

By October 15 2015, I explore options for transitioning from an accountant
to a cinematographer by speaking to 3 successful people in the movies.

Write at least 3-5 ways you will discover more about your authentic self.

Discovery 1

Discovery 2

Discovery 3

Discovery 4

Discovery 5

There is no
better high
than
discovery.

- E.O. Wilson

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In your journey of
discovery and change,
it doesn't matter how
fast or slow you get
there, just don't stop.

- Scottie Somers

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Get born, grow
up, discover the
world, discover
yourself.

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