

I'm delighted to give you this first worksheet of **YOUR REAL SUCCESS** Module 1. I hope it helps you discover your truly awesome identity. If you want more of **YOUR REAL SUCCESS**, visit [www.yourrealsuccess.com](http://www.yourrealsuccess.com).



Your Real Success®

*Rhonda*

Module 1:  
**WHO AM I**

The purpose of the WHO AM I module is to help you cast off the negative things you have heard and believe about yourself, and intentionally replace the negative things with positive words or phrases that will serve them on the way to their REAL SUCCESS—what we call, “*disabling the labels.*”

The people around us when we were small children informed our identity. We learned who we are by the looks in the eyes of others, by their facial expressions, body language, words, and behaviors.

Sadly, many people have heard words and phrases like “*stupid, fat, loser, just like your mother, no good like your father, etc.*” Add to that the messages from radio, TV, movies, and the internet that place value on the superficial rather than on the character traits that are necessary to successful lives, and we have a distorted sense of self.

Without an intentional effort to accurately define ourselves, we can spend a lifetime within the confines of the limits set for us by those who have intentionally, inadvertently, or arbitrarily defined us.

The steps to finding and fulfilling the good plans for our lives, and thereby achieving REAL SUCCESS, are the primary objectives of the WHO AM I module:

1. Know who you are
2. Know that you matter
3. Know that you have gifts and talents that are needed in the world.
4. ***Mine the good character and personality traits, abilities, and coping mechanisms out of all that you've been through***

## Module 1: WHO AM I?

The exercises in the WHO AM I module of Your Real Success® are:

1. WHO AM I NOW: Describe yourself
2. UNDERSTAND ME: Elaborate on your top five words
3. ME MISTREATED: Tell what happened and how it changed you
4. ME CRITICIZED: Write down how you've been criticized
5. HOW I WANT OTHERS TO SEE ME: Describe how others see you
6. UNDERSTANDING OTHERS: Find value in others
7. MY GIFTS: Describe the things that come naturally to you
8. UNDERSTAND THE NEW ME: Describe ourselves now forward
9. UNSTOPPABLE ME: Describe the last time you felt unstoppable

The root of every bad decision we make is **INSECURITY** or **INFERIORITY**. **Every decision we make (or fail to make) will be informed by what we believe about our identity.** Therefore, the purpose of every exercise in this module is to lead us through a process of positive self-discovery.

### Objectives:

Each participant who completes all eight WHO AM I NOW module exercises will leave having a better understanding that he or she

- *is unique and valuable*
- *cannot fail at being his or her best*
- *does not need to compete with or be jealous of others*
- *has a good purpose for living*
- *has the ability to discover and fulfill his or her unique purpose*
- *has within his or her grasp the ability to create a successful life*



