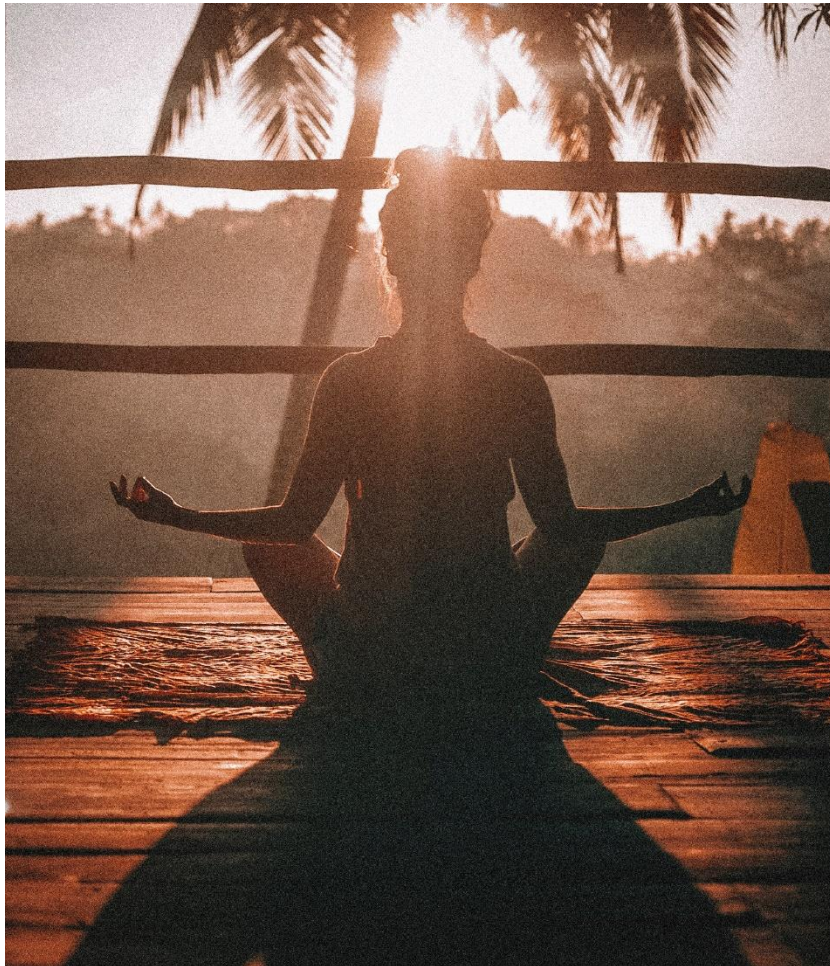


COURAGE WITHIN

with Ewa Heard

Self-Awareness Questionnaire



Tips

It is important that you answer following questions based on how you are and what you want, NOT how you wish others to perceive you, how you wish to be in the future or what you 'should' be doing.

This exercise will help you look inwards. Let go of what others might think and want for you. This is your time to explore who you really are, what your passion and purpose is. Let go of any limits and answer truthfully.

Unique Strengths

Don't limit yourself here. Something that might seem easy and natural to you may be something that someone else might happily pay for! You don't need to be an expert on the topic. This is more of a brainstorming exercise so please note everything even if you think it might be worthless.

1. What are your main strengths in your work/studies and other areas of life?
2. What do your friends/colleagues say your strengths are?
3. What do people come to you for help/advice?

4. What problems would you like to solve or would enjoy solving?

5. What are your proudest achievements?

6. What challenges have you overcome?

7. What skills and knowledge have you acquired?

Values

What are your top values? What do you value the most in life? What are the things that would bring happiness and fulfilment if they were present in your life?
(If you struggle, please refer to the list of values).

Once you have identified your values, pick your top 5 and rate them by importance on a scale 1-5 (1 being least important and 5 being most important).

Experiences

1. What experiences left you most fulfilled?
2. What about these experiences made you feel fulfilled?
3. Think of people you admire. What is it about them that inspire you?
4. What lessons have you learnt from your good and bad experiences?

Interests

1. What do you love doing? What is it about these activities that you love?
(e.g. if you say I love watching TV, dig deeper, what channels do you love watching, what is it about those channels that interests you)

Ideal Lifestyle

We want to ensure your business idea will allow you to reach your ideal lifestyle, so be as specific as possible.

1. What does your ideal lifestyle look like? Give a detailed description.

2. What would your ideal day look like from morning until night? Give a detailed description. (Tip: you might want to think about the location, who you want to work with, in what capacity, how many hours, what would your daily routine be?)

Likes/Dislikes

1. What do you like about your current and/or previous jobs?
2. What do you dislike about your current and/or previous jobs?
3. What tasks give you energy, happiness and fulfilment?
4. What tasks do you not enjoy doing?

Definition of success

1. What is your definition of success? How will you know you have achieved it?
2. How will you know that the business idea you created is aligned with who you are, your passion and your purpose?

Hypothetical Questions

1. What would you do if you could not fail and had unlimited potential?
2. Looking back on your career in 20 years from now, what would you like to have accomplished?

3. What would you do if you knew no one would judge you?

What's next?

Analyse your answers and see whether there are any emerging common themes and patterns that can give you an insight into what your ideal business idea can be.

For more guidance and support, feel free to email me on ewa@couragewithin.co.uk OR schedule a call with me here: <https://calendly.com/couragewithin/45min>

Special Offer!!!

"Ewa's changed my life! She helped me do something that I didn't think was possible. I created my business and already moved from my full-time to part-time job. I wouldn't have done it without her support. This was the best investment I have ever made! If you want to create your business and escape your 9 – 5, Ewa will move heaven and earth to help you" – Becky

If you are interested in working with me on 1-1 basis then the time to act is NOW as you will receive a 10% discount with code **COURAGE2019**.

(Must be used within 30 days of initial purchase. One code per person)

Escape 9 – 5 Personalised Programme

In my 3 month personalised programme I use transformational coaching techniques, mentoring, stress management training, law of attraction and psychology to help you create a business of your dreams so that you can leave your 9 to 5 quicker.

I share with you the lessons I learned from my own journey, my experience, my clients' experience and the knowledge I acquired from personal- development and from working with world-class mentors and coaches so that you can find your way faster. This is a step by step process which will take you from creating your business idea to launching your business.

This programme has practical, educational as well as coaching and mentoring aspects. I have tested different types of programmes and this produces the best results for my clients.

During my 3 month Escape 9 – 5 personalised programme you will:

- create an unstoppable mindset for success by implementing mindset exercises and overcoming your fears, doubts, limiting beliefs, negative thoughts and any behaviours that stop you from moving forward
- create and validate a business idea that is aligned with who you are, your passion and purpose
- identify your ideal client and create a message that will connect with your ideal clients
- gain clarity on how your new business will operate (develop your product/service and sales funnel)
- develop a personalised escape plan
- develop a personalised plan of action so you know exactly what you need to do in order to accelerate the growth of your business so you can escape your 9 – 5 job quicker whilst minimising potential risks
- feel happier and less stressed in your current job
- manage your time better
- feel confident, courageous, motivated and focused

Topics covered:

- ✓ Create Unstoppable Mindset (how to overcome most common fears, how to overcome limiting beliefs, how to fix your money story)
- ✓ Connect with Your True Self. Gain Clarity on What You Truly Want
- ✓ Create Your Ideal Business Idea
- ✓ Develop Your Brand
- ✓ Identify Your Ideal Client
- ✓ Create and Validate your Product/Service
- ✓ Craft Your Message
- ✓ Build a Sales Funnel and Pricing
- ✓ Create Your Business Strategy
- ✓ Develop your Escape Plan

What's included:

- Your first one-hour coaching session is FREE
- 6 x 60 min one to one coaching sessions (2 sessions per month). All sessions are conducted via Skype, Whatsapp video call or telephone. Face to Face sessions can also be arranged.
- Unlimited coaching/support via email
- Personality Test
- Self - Awareness questionnaire
- Strategies for overcoming stress and dissatisfaction at work
- Strategies for maximising your time
- Educational modules explaining all topics as mentioned above
- Access to my online and offline community where you can gain support from other members

If you are tired of wasting your time and money on solutions that do not work and do not give you what you want and you feel more stressed and more trapped in your 9 – 5 job, this programme is for YOU.

Book your FREE, non-obligatory phone call with me now via <https://calendly.com/couragewithin/45min> to find out more about my programme and to discuss the next steps you should take in order to escape your 9 – 5.

You should be proud of yourself! You have just made the first step towards creating the life you have always wanted, on your terms. This is your first step towards your life transformation. Do not give up and let your fears overpower you. Find the courage within to push forward. I know you can do it! Enrol onto my programme now to accelerate your escape so you could live the life you have always wanted.

Your journey begins now, and it will be so exciting!

DREAM BIG, DON'T SETTLE AND TAKE ACTION NOW.

Warm wishes.

Ewa Heard