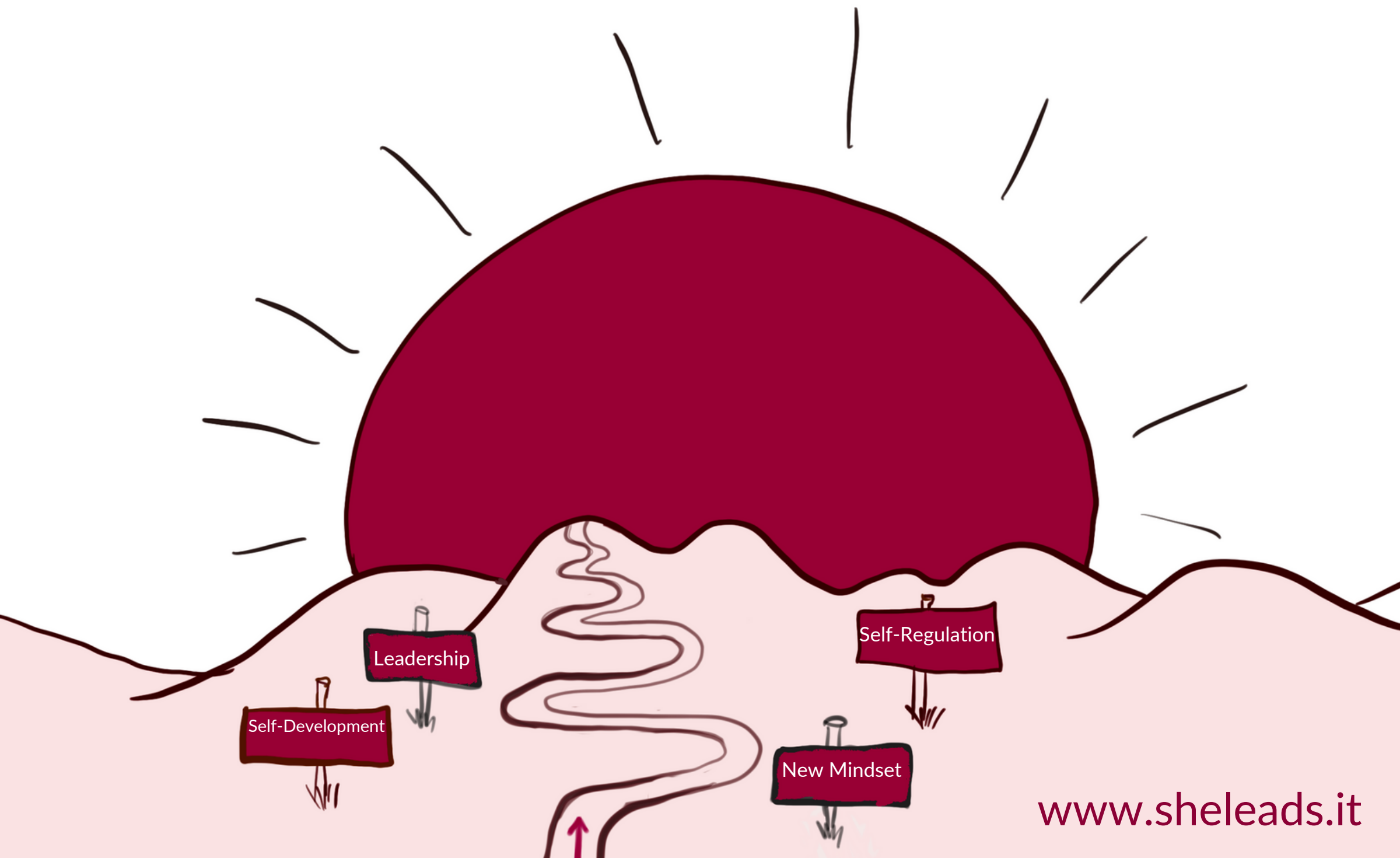




# 7 Day Self-Discovery Challenge



[www.sheleads.it](http://www.sheleads.it)

Discover the leader within

- Set aside 5 min each day for a little reflection over how the day has gone.
- Pick and choose 1 situation that made you feel extremely uncomfortable (upset, overwhelmed, enraged, etc...) and 1 situation that made you feel awesome (cheerful, relaxed, delighted, etc...)
- Write down a few lines about each of the situations or even better, add some structure to your journaling as described in the following slides:

What was the situation  
(what happened & who  
was involved)?



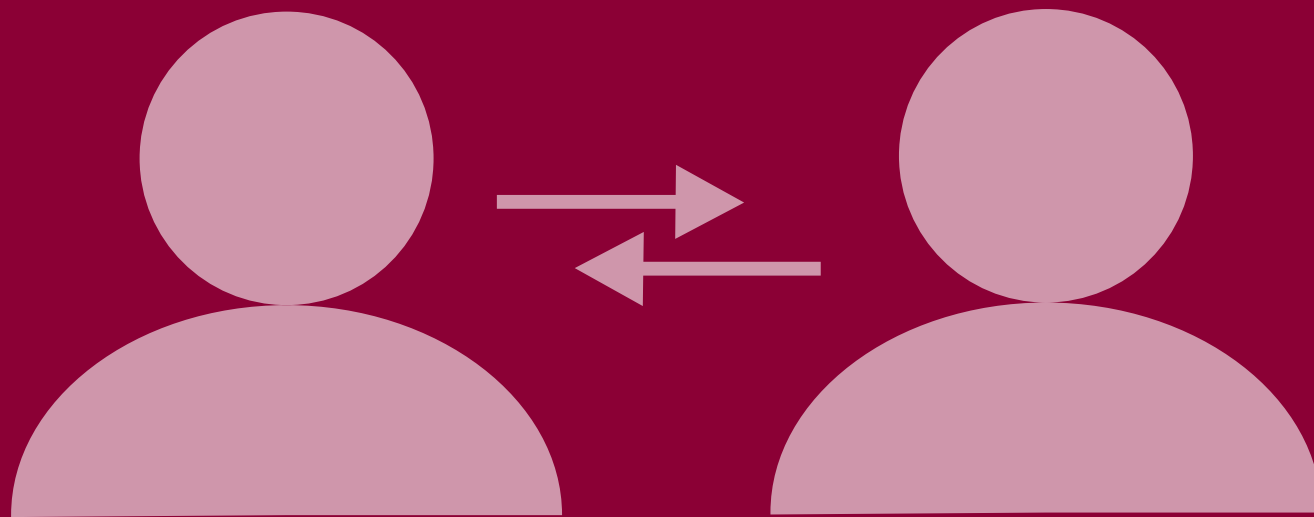
# What did I think?



# How did I feel?



# How did I act?



What was the  
outcome?



- After a period of 7 days, you should have plenty of invaluable data! Following a careful examination, you will have a greater understanding of some of your tendencies in the way you operate in the world (both positive and negative ;)
- Armed with that information, it will be easier to see what the biggest barriers to your success are and what to focus on in your development to get unstuck and move to the next level.



# Need further assistance?

Sign up for a newsletter or get in touch at [🔗 sheleads.it](https://sheleads.it)



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