

A black and white portrait of a woman with shoulder-length hair, wearing a light-colored button-down shirt. She is resting her chin on her clasped hands, looking directly at the camera with a slight smile. The background is dark.

Finding Me
a Self-Discovery Adventure

Lizette Volkwyn



Finding Me

A JOURNEY OF SELF DISCOVERY

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A special thanks to Martin Volkwyn, my wonderful husband, who stood by me through this journey, my true inspiration for FINDING ME!

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Finding me, a journey to self-discovery

About Lizette

In an ever-changing world, where demands in all aspects of our lives are the drivers of our destiny, I started my journey of finding me.

Where would I start, what did I really want out of this journey? Was it peace, perhaps true love, or was it merely the fact that my whole life felt out of control?

I pursued workshops, psychologists, courses, mentors, and in the end, I realized without a map, without a plan and without commitment, I am circling in troubled waters.

Once my framework was in place, I could prioritize, eliminate and move forward toward a fulfilled life.

Fast forward a few years, I am now a qualified Master Coach, NLP Practitioner and Motivational Speaker. I am proud to be part of this wonderful industry. Today my passion is to assist like-minded individuals to create their own map and walk the journey with them, cheering them on to their fulfilment.

www.facebook.com/confidentlyfindingme



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“The thing women have yet to learn is nobody gives you power. You just take it.” Roseanne Barr

“The day the power of love overrules the love of power, the world will know peace.” Mahatma Gandhi

“Power resides only where men believe it resides. [...] A shadow on the wall, yet shadows can kill. And oftentimes a very small man can cast a very large shadow.” George R.R. Martin, *A Clash of Kings*

“Be not the slave of your own past - plunge into the sublime seas, dive deep, and swim far, so you shall come back with new self-respect, with new power, and with an advanced experience that shall explain and overlook the old.” Ralph Waldo Emerson



Let the journey begin

We all have our favourite chair where we can put up our feet, settle in and just be. Just BE, probably the most favourite past time for most of us. If we can add just a few minutes of “me-time”, “just be-time” or “leave me alone-time”. Our biggest challenge is to embrace the unknown and exchange our comfy chair for the hot chair of change and self-empowerment.

With exposure to so much jargon, advice (good or bad), where do we start our journey to ensure lasting empowerment? How do we realize the phrases “Accept yourself”, “make peace with the world”, “stop judging”, “forgive”, “Be Selfish” and lastly the all-time favourite “Connect to your core”.

In this book, I aim to take you on a journey of self-exploration, being true to yourself, but most of all find what you are looking for. Take some time out, grab a notebook and spend time alone as we journey through the map to your true self.

So, who are you? Who are you really, when the façade and pretence have left the room?

**ARE YOU DOING WHAT YOU BELIEVE IN, OR ARE YOU
SETTLING FOR WHAT YOU ARE DOING**



Stripping down to a clean slate

Take time out, be honest, be real, what are you missing and start this process with vigour and enthusiasm. No more tomorrow, the time is NOW. Remember, I am here every step of the way.

Take Action Now

Strip the label

To grow, we need to strip naked, yip no fancy car, title or home will bail you out. Get rid of all the labels you gladly clothe to impress, manipulate and impress, then look within and see what it is, that represents YOU .

Growth does not come from cleaning the surface, running through a few steps and hope for the best, but rather investing time and honesty in your true self.

To step into this adventure, you need to dig deep, internalise and forget everything anyone who influence you.

Who am I really? It seems to be a silly exercise, sewing a few characteristics together and setting a scene of someone you think you might like.



The truth is, to truly face the reflection of your true self, you need to look deeper than a nice to have, but rather what you have, great, good, acceptable or just not that.

If we reflect the real sadness, weaknesses, fear of rejection and lack of confidence we can start exploring the cause, rather than the symptom.

The guilt feeling, could you it be a diversion of not feeling good enough? The frustration within, a voice that has never been heard?

Understanding the co-ordinates of who I am, sets us on the pathway of an adventures map of our self-discovery journey.

Past, Present and Future

To embrace the moment, we need to let go of the past. It has no place in the present. If it doesn't serve you, its purpose has expired. Would you purposely feast from expired food? Sign up for a past event? Obviously not, then why would you emotionally expose yourself to "expired" abuse? See it for what it really is, and cremate it. NO EGO, NO PAIN.

Questioning the past, continuing living to change the past, and expecting history to present itself differently, is committing future suicide of the life you deserve.



The past cannot be re-written, altered or promoted, but you can choose to accept it, embrace it and build a future with you in the steer.

Living in the present is to understand your reality, and then deal with it. Don't sugar-coat it. Don't make it worse. List what you have, what you can work with and what do you need to eliminate.

How many times are you really present in the situation, experiencing the moment, inhaling the emotions? Or are you comparing it to past experiences, lost love, lost successes and failures.

If you can recall only one comparison, it is one too many. Make the decision today, to focus on the now, optimize the moment and genuinely question the real moment and experience what the present is revealing.

It is in this moment of revelation, we can make decisions around what is true and best for us, what is true to our core and what is needed to eliminate that which is harming us.

The Future is your blank canvas. Choose your colours carefully and create a perfect picture. From this moment forward, every decision needs to enhance your life and build a confident you. This is the hard work, the conscious action of listening to what



you want and need, and NOT to what you would like to believe is required.

Understanding your purpose, your aspirations and most of all yourself, you can pave the way towards a fulfilled, confident life.

Hope, growth and love starts within

Without hope we do not have a journey, the mere fact that you have reached this page, says there is hope. Hope for the future, hope for not giving up on yourself and most of all hope for achieving the best you can be.

Today is a continuation of your growth. Where to next? Which aspect of your life would you like to grow? Growth is expanding that which have started small. Today you have taken the opportunity to grow beyond measure.

Love is the most abused emotion used in today's society, yet when we need to love ourselves, we delay this sacred action, and sacrifice our own for another day.

We measure our successes, our ability to communicate, how and where we fit in, the number of job promotions etc. by the way we FEEL loved. The real secret behind success is not to be



measured, but to be loved from within. There is a quote “as within, so without.”

Our power lies within and the way we love ourselves. This is the way we will project upon others, teaching others how to love us and make us feel whole. Change is inevitable

Once you pursue this adventure, change is inevitable, and it cannot be undone. Our biggest challenge is to embrace change and purge forward to the end game. Understanding the rules of the adventure, what is the survival streak, and at the end be the hero of your own adventure.

**LET’S MOVE FORWARD AND LET THE
ADVENTURE BEGIN.**



“I'm on the path to being someone I'm equally terrified by and obsessed with my true self.” Troye Sivan

“The true self seeks release, not constraint. It doesn't want to be corseted in a sonnet or made to learn a system of musical notations. It wants liberation, which is why very often it fastens on the novel, for the novel seems spacious, undefined, free.” Rachel Cusk

“One of the greatest regrets in life is being what others would want you to be, rather than being yourself.” Shannon L. Alder

“My success would depend on me. Alas, me was my least favorite person to depend on.” Rick Riordan, The Ship of the Dead

“Learn about yourself then teach others to learn about their true self. Let them see the wonders of the world in their true colors.”

Be bold, be brave enough to be your true self. Queen Latifah



Let the adventure begin....

EXERCISE

In this exercise, I invite you to be daring, open-minded and most of all honest. Write down as many characteristics you possibly can, face your fears and let the true reflection of you, begins to surface.

You are NOT a career, a sibling, a relationship BUT you are someone who have emotions, feelings and opinions. Listen to them and let them be the compass to who you are.

Who are you?

And really who are you?



“Wake up, live your life and sing the melody of your soul.” Amit Ray,

“Don't live someone else's life, incubate your own style” Myra Yadav

“Don't measure your life or your regret. Just live your life with love at its best.” Debasish Mridha

“You must always do what you feel is right as you will have to live with your decisions for the rest of your life.” Mimi Novic

“If you are not curious you are not living.” Haresh Sippy



Erasing the False Self by choice

When I started my business, I was motivated by the many roles individuals play, interacting with each other. We adjust every time we interact with somebody else. The one mask is taken off and replaced by another, always pretending, adapting to the circumstances according to our own perception.

Your first step to your journey of exploration is to get rid of the False Self, the person you pretend to be. The one who forces their way to fit in, in essence, the forced chameleon.

How do we take this first step of erasing the false self? Is there a light switch moment? The good news is that your journey has already begun and the secret to this core discovery lies within your grasp. Your growth depends on you, and you alone. Are you prepared to FaceOff your demons, be true to yourself, acknowledge the shortcomings and most of all embrace your strengths?

It is vital to understand the power and depth of pretence. How it, not only affects you, but the people that surround you too. Every action leads to a reaction, therefore what people perceive, will return to you how they will react (their data vs your message).



Knowing that no one can read your mind, the way interaction with you goes is a direct reaction to the picture you allowed them to see. Ask yourself “what is the picture I am giving people?”

Understanding the power of this action, will set you apart, and before you know, you will be comfortable in your own skin. Let us begin. Grab the notebook and start pencilling the following:

“I pretend that _____,
the truth is _____. The
impact on me is _____,
the cost to others is _____.”

What am I asking of you? I want you to dig deep and be truthful to the new you. Looking back at your life, who do you usually pretend to be, (maybe the happy go lucky, all in control individual)? What is the truth? Are you afraid of failure? Maybe you don't like to have so many people around you and prefer to be by yourself or in a small group? How does this impact you? Do you feel frustrated? Maybe neglected? Lastly, what is the cost to others if you never share your real self with them?

Once you have established this, you will have a clearer understanding of your personal needs and the perceptions you have of that which impacts your life. The question is, what are you going to do about it? You can read as many self-help



courses, maps, and biographies, BUT if you don't commit to action, this workbook is just another feel good past time for the next week.

Learning to understand your actions, pretence and reactions, you will get a better understanding of who you are. It is when we own our actions that we have the control of the throttle to steer our self-discovery adventure in the right direction.

Life happens while we make excuses. I don't have time to start all over now, and if I can't change immediately, people will think I have lost my mind. So I carry on, ignoring the inevitable result, a total collapse of the cracked foundations we built on and the stones we threw at our own construction of life.

Remember

If you don't know who you are, you will always settle for less.

Changing your focus one step at a time, is an action plan, clearing out the clutter and enhancing your vision to apply the power within.



Erasing the False self, is a process of decluttering your own perception and synchronizing it with your true self. Adopting a mantra of what is it in for me, True Self and True Reality enables you to live a life true to your core.

By living true to your core essence, you invite serenity, peace and harmony into your life.



“Live as if your life is your message to the world. Act as if your actions are to be imitated by the world.” Debasish Mridha

“The most tragic and deviant behaviour of all is that we live our lives like we will never die, and nonetheless we never live at all.” Dragos Bratanu

“Everything is just for a while. Everything is just for its time. Everything is finite. Live and love with these precious moments in mind.” Rasheed Ogunlaru

“The present is a great treasure, live in the present.” Lailah Gifty Akita

Life is a game, play it; Life is a challenge, Meet it; Life is an opportunity, Capture it. ~Unknown



My Life, My Choice....

We have little or no control over what happens to us or not. What we have is the choice of how we react to these experiences and how it will control our future. Everyone is entitled to an opinion, bearing in mind that there is no law forces us to accept it or approve it.

Many years ago, I met with a very dynamic mentor whom I perceived to be the person I would like to become in business. It turned out he embezzled my money, used my expertise for personal gain and left me baffled and confused. This was the turning point in my life, changing from being a victim to becoming victorious.

I now had a choice. Is this situation going to affect me, steal my JOY, my LIFE, my CONFIDENCE? Or will I rise up VICTORIOUS, knowing my worth? I decided to take my teachings and conquer the future with wisdom.

My choices were simple. Was I going to blame him for ruining my life and remain a victim, or was I going to take responsibility and step up to what was needed to be done? Do I envy others' successes or am I grateful for what I have been given? Now is the time we need to be creative and excel. Let's take a step back, get a bird's eye view on what really happened and what do we have to work with.



I had the choice to be hateful or understanding and loving. I chose loving and understanding, which allowed me to understand his behaviour and gave me insights I might never have seen if revenge and hatred was part of my future plan. Instead of feeling insecure and lost, I chose to be empowered by the new knowledge and the lessons I have learned.

It is never about approval or validation, it is about what we know. If we know our worth, the opinion of others is purely demographics, a choice of what we value or not.

Perception is projection. The way we perceive our surroundings is the way our subconscious minds will react, and it will present itself through our actions. Think about it, if we hear that someone has spoken ill of us, contrary to the fact whether true or not, our reaction towards them changes immediately. It is all about perception. The stories we tell ourselves and others drive the way we gather and spend our energy. Be mindful of what you are saying.

What is your choice today? Do you choose to be affected by people? Do you accept people's opinion above your own?

When we realise that every human reacts according to his/her beliefs and not to who we are, our perceptions, as well as our reactions, will change.



If we change our perception to CHOOSE what is always best for me, we will ALWAYS be victorious and never fall victim to a failure mentality.

Remember your mantra, what is it in for me, authentic self and true reality.



“If you obey all the rules, you’ll miss all the fun”. Katharine Hepburn

“The saddest summary of a life contains three descriptions: could have, might have, and should have”. Louis E. Boone

“Quit hanging on to the handrails . . . Let go. Surrender. Go for the ride of your life. Do it every day.” Melody Beattie

“A life without cause is a life without effect” Barbarella

“Life has no limitations, except the ones you make” Les Brown



My Life, My Values....

When we reach a stage in our life where we realize that there is a distinct need to accept, move forward and enhance our current experience, we find a way to re-evaluate our values consciously. It is at this point we decide to address our value and belief systems and how they apply to our existence.

Everyone is born with a value system. NOT everyone is aware of or cognitively understands that every decision is based on that value system.

Completing the following exercise will guide you to more direct and clear values.

What Do You Value Most in Life?

What Do You Value Even More than That?



What Do You Value Most in Each Moment in Life?

What Do You Value Even More than That?



Understanding your values

The definition of values is clear “It is a person's principles or standards of behaviour; one's judgment of what is important in life.”

Whether we refer to values, personal values, or core values, we refer to the same, a person's principles or standards. If you can acknowledge and accept your values, you have found your driving force that motivates your decision making and your behaviour towards life.

EVERYONE HAS PERSONAL VALUES, WHETHER HE OR SHE ACKNOWLEDGE IT OR NOT.

Knowing your personal values helps you to make better decisions and eliminate choices that will be against your core.

Values are the guidelines for your actions, the unconscious guard, showing the way.

If you don't know what you stand for, you will not know what you will die for. Your choices will be random, changing ever so often without a distinct purpose or goal.



The Importance of your life

If you acknowledge what is important in your life, you would know what you need to make congruent decisions and goals.

Take some time out and establish the following:

1. The most significant/essential thing in your life
2. The one thing that you cannot live without
3. The one thing you don't want to live without
4. If you could change one thing, what would it be?
5. What would you change in your career path to align your values?

Take time out to honestly discover your treasures in life. They are your compasses in your life, which knowingly or unknowingly direct your future.

If these values direct your life in the wrong direction, then it is time to consider their worth in your life.

Halfway through this adventure, you are now at a point where you can clearly visualize your non-negotiables in your life. Thus what do you stand for, what won't you tolerate and whom exactly do you want to become.



Enjoy this adventure, we are filling our backpacks with the right equipment and gathering the right teammates to fulfil our journey.



“Don’t be afraid your life will end; be afraid that it will never begin.” Grace Hansen

“I don’t wait for the calendar to figure out when I should live life.” Gene Simmons

“One way to get the most out of life is to look upon it as an adventure.” William Feather

Twenty years from now you will be more disappointed by the things you didn’t do than by the things you did. Mark Twain

“There’ll be two dates on your tombstone, and all your friends will read ’em, but all that’s gonna matter is that little dash between ’em.” Kevin Welch



You were made for YOU

We are born as unique individuals, a true self, pure, spontaneous and with a character without influence or judgement.

The True self and False self-concepts were introduced into psychoanalysis in 1960 by D.W. Winnicott. He used 'true self' to describe a sense of self, based on spontaneous, authentic experience, and a feeling of being alive, having a 'real self'.

'False self' by contrast Winnicott saw as a defensive façade, one which in extreme cases could leave its holders lacking spontaneity and feeling dead and empty, behind a mere appearance of being real.

As human beings, we are created by God, as individuals, unique to our self. Identical twins have distinct differences, and no matter how hard we try, we will always have that X-factor that distinguishes us from anybody else.

The question we tend to overlook is: 'If no one can be me, why do we try so hard to impress others and base our emotions and our lives on their opinions and their perspectives?' Let go of the lies that darken and masks our true self is the first step towards Self-love and Self-acceptance.



For many years I have chosen to strive to be like everybody else, live to impress which leads to disappointment, regret and an overwhelming sense of inadequacy. It dawned on me that no matter what I do or pursue that until I don't change the focus to me, I will continue on this path of self-destruction. I had to realize that I was made for me, ONLY I could understand the True Self, ONLY I could know what I need.

Everybody else's opinion originated from their perspective and could never encompass what I really felt like a human being.

The question is, do you have what it takes to recognize you? Start today, vow to be kind to your true self and allow yourself to be whole, grow and most of all be loved as your TRUE SELF.

I am ME, and this is ME....happiness will flow, once I have embraced ME.



Happiness is a power within

What is happiness? Everyone is seeking Happiness, longing to feel whole, content and happy. We look for it through things, events and people, but the truth is that it lies within.

Materialistic happiness is temporary. Remember that vacation you desperately needed, and the happiness you felt about going? Where is that happiness now? What about the car you wanted to own? The house, the job, the new TV? That's right, the happiness has faded, and we are going about the business of pursuing the next best thing.

We convince ourselves that IF will change our lives. If the kids grow up, if my boss changes his attitude, if my kids behave, if I get this or if I get that.

The reality is that our happiness comes from within and it is up to us to create the joy we want. Happiness IS an inside job.

Happiness is not an external experience that needs to happen, but a state of mind that comes from within. The choice is yours. No one can make you feel anything without your permission.

Alfred D Souza said: "For a long time it had seemed to me that life was about to begin – real life. But there was always some



obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, or a debt to be paid. Then life would begin. At last, it dawned on me that these obstacles were my 'life'."

How we perceive our journey and compare it with others, ultimately dictates our happiness. We need to face our true self, no influence, no external factors, and then direct our focus to what we ultimately need to be happy. Is it peace, raising our value systems, putting ourselves first or is it to accept and let go?

What is your excuse today? Who is living rent-free in your mind? Who or what is holding you back to have an epic day? Nothing is worth having a bad day. If you understand your worth and you know what brings you peace, happiness will illuminate from within.

Allow me to take you on a detour to proof your power within...Imagine a moment in time that really saddens you? Hold that thought for a moment, feel the emotion, the creativity and the "heaviness" it creates.

NOW change the thought:

Imagine now a moment in time that you felt elated, on top of the world, untouchable. Hold that thought for a moment, feel the emotion, the creativity and the "lightness" it creates.



Creating your Happy Place

As much as we embrace our home, our workspace, our environment as a whole, we need to find a “sanctuary” which we can find serenity and peace.

You might say, but I don’t have time now! I don’t have transport to go there! It’s just not going to happen.

The truth is, you don’t need to go anywhere. We’ve already established that happiness comes within and you decide where you want to take your mind.

This applies to your happy place as well. This is your sanctuary where you go to in your mind, to find calm and serenity, get your composure and take control.

The key is to create a vivid, imaginative sanctuary that you could access within seconds.

Write it down now... and create your sanctuary of peace.



“The weak can never forgive. Forgiveness is the attribute of the strong.” Mahatma Gandhi,

“Dumbledore says people find it far easier to forgive others for being wrong than being right.” J.K. Rowling, Harry Potter and the Half-Blood Prince

“The truth is, unless you let go, unless you forgive yourself, unless you forgive the situation, unless you realize that the situation is over, you cannot move forward.” Steve Maraboli,

“To err is human, to forgive, divine.” Alexander Pope

“True forgiveness is when you can say, "Thank you for that experience.” Oprah Winfrey



Forgiveness is an act....

It always brings a smile to my face when people say: “I will forgive him or her, but I will never forget!” My question is simple, why would you want to remember something that harmed you in the first place?

Everett L. Worthington Jr. PhD. said: “People confuse forgiving (which occurs inside a person’s skin) to telling someone you forgive them. A person can say, “I forgive you,” and be lying or setting you up to take advantage, or be insincere, etc. Or a person can forgive you but find that if he or she does NOT tell you, you can be manipulated. (b) People confuse forgiving with reconciling.

I can forgive without having to go back into a relationship with someone. For example, a woman could forgive someone who physically abused her, but she does not have to return to live with him. Forgiveness happens inside people’s skin, but reconciliation requires the offender to be trustworthy and is about restoring a relationship. That obviously takes two people (whereas one person forgives or doesn’t.) (c) Forgiveness is not opposed to justice. Forgiveness happens inside a person, so I could forgive someone who murdered my mother.

Justice occurs socially and societally. So, even though I forgave the murderer, I can still hope to see him caught and go to trial



for the murder. Therefore, forgiveness (internal) and societal justice do not contradict each other because they are in opposite spheres – internal versus societal.

A slightly different thing happens within my internal experience. Internally, my SENSE of injustice, if I'm wronged, might be high. The higher it is, the harder it is for me to forgive. If something brings justice into the situation (such as my offender apologizes), it lowers my sense of injustice and thus makes it easier to forgive. Thus, internally, justice and forgiveness work in tandem.”

When we start digging into forgiveness, we head off in many directions and still feel disgusted, holding on to resentments and hate.

We link forgiveness with hate, anger, weakness, disgust, sadness, resentment, revenge, disappointment, rejection, inferiority etc. etc. etc. I want you now to compare your attributes, with these of forgiveness.

You are not the attributes you link with the act of forgiveness. Why will you hold onto it, not true?

The bottom line is forgiveness is something you do for yourself. It is saying to yourself, that the person involved is not significant enough to have that kind of stranglehold on you. It



is saying, I am not trapped in the past, I am worthy of the future. It is saying I am moving on to peace and happiness.

I would like to invite you to take some time out, and let go of the people who are holding you back. The people who have hurt you, deprive you of success and limited your beliefs. The time is now, let it go, and become the person within and not the attributes you despise.

I end this chapter with a quote from C. Joybell C. “People have to forgive. We don’t have to like them, we don’t have to be friends with them, we don’t have to send hearts in text messages, but we have to forgive them, to overlook, to forget. Because if we don’t, we are tying rocks to our feet, too much for our wings to carry!”

Today I choose to forgive:



Energy to power up my life....

I am exhausted. There is so much to do and so little time to do it in. I seriously need a vacation; my system is on lockdown. I just cannot focus anymore.

It's not what we say out loud that determines our lives, BUT what we whisper to ourselves that has the most power. Personal energy derives from our core being, our thoughts and the emotion we afford it. How we feed our furnace, determines the flame.

As keeper of your thoughts, guard it wisely. Once you lend it to negative thoughts, obscurity takes charge, and life becomes a prison we cannot escape from, leaving us run down, negative and sluggish.

How do I change the energy within, you may ask? How do I get out of this rut?

Life is tough! Jim Loehr and Tony Schwartz in their bestseller "The Power of Full Engagement (2003)" said "To be fully engaged in our lives, we must be physically energized, emotionally connected, mentally focused, and spiritually aligned with a purpose beyond our immediate self-interest."



The key message is that Energy is the fundamental currency of high performance and positive thought. If we do not focus our minds to find what the best interest of our lives is, we will find the mind wandering and creating a scramble of the lives around us, all except our own.

Time has no value if we don't intersect it with energy. We can spend whole days being "busy" and achieve nothing, while we allow ourselves to float without purpose/ Alternatively, we can spend an hour conquering the world, fully engaged with a purpose. What do you choose to do?

Nothing positive comes from putting in extra time without devoting high-quality, focused energy.

What gives you the energy to excel, to create and to perform? If you understand what gets you out of bed, you have started to recognize the source of energy. Could it be music, a sport, nature, or a hobby? Once you've identified the trigger to what you need to get into motion, you will have discovered a magic switch to be on peak performance at all times.

Energy is directly linked with reward. Let me explain, if I need to wash the dishes and hate doing it, I will procrastinate and feel frustrated knowing that they are lying there, waiting for me.

Now, put a reward (value) on the task, and see how quickly your attitude towards this task changes. The reward could be



anything from watching a series to spending some time with friends. The reward propels you to do the task rather sooner than later.

In closing, performance, health and happiness are grounded in the skilful management of energy.

What gives you the energy to excel and propel to the next level?

Knowing the source how can I apply it on a daily basis to up my performance?



“I'm a great believer that any tool that enhances communication has profound effects in terms of how people can learn from each other, and how they can achieve the kind of freedoms that they're interested in.” - Bill Gates

“Communication - the human connection - is the key to personal and career success.” - Paul J. Meyer

“I speak to everyone in the same way, whether he is the garbage man or the president of the university.” - Albert Einstein

“In many ways, effective communication begins with mutual respect, communication that inspires, encourages others to do their best.” - Zig Ziglar

“Deep listening is miraculous for both listener and speaker. When someone receives us with open-hearted, non-judging, intensely interested listening, our spirits expand.” - Sue Patton Thoele



Communicating with Compassion

To understand the way we communicate we must realise that people do not communicate through words only, but through tonality, body language, use of eyes hands etc.

7% of all communication is the words we speak, which explains why so many conversations get lost in translation. It is vital for us to improve our tonality, as well as our body language to improve the way we communicate and the receiver's understanding.

Now that you understand who you are, what your values are, what provides you with happiness and energy, could it be right for you to improve your understanding of communication?

Truthful communicating is vital to improving our self-perception as well as the perceptions of those around us. Communication should be rooted in respect, honesty and integrity rather than creating a departure point based on reaction to voice, tonality, a look, perception or assumption.

Question. Which position do you communicate from?

The next exercise and short test will help you to get a better understanding of the diverse communication platforms we



The Representational Systems of Communication

Now that you have seen the impact your words, tonality and body language have on other listeners, here is an opportunity to improve communication skills.

Understanding the qualities and distinctions of different representational systems will give you the edge in communicating successfully.

There are four different representational systems:

1. Visual
2. Auditory
3. Kinaesthetic
4. Auditory Digital

Each individual utilizes all four systems. However, we do favour one specific system, and this will be the dominant representational system. It will be this system which will be your primary processing system, this is why we act on information. In fact, we often need information to be presented to us in this specific representation system for us to understand it and internalize the results effectively.

It is essential that we understand there ISN'T an ideal representational system. Our individuality creates our own



unique combination of the above systems which is perfect for us.

Researchers indicate that 80% of the global population prefers either a Visual or Kinaesthetic representational system with the other 20% being grouped in the Auditory or Auditory Digital Group.

The success of communication is to learn and identify these four systems and communicate accordingly.

The Representational Systems Preference Test

You've probably heard people say things like "I see what you mean," or "I hear you." These are not just cute euphemisms, but insights into how that person's mind is working.

Once you know someone's primary representational system, you can speak in a way that's pleasing too - and gains rapport with their unconscious mind.

Learn your own primary representational system by answering each of the following statements. Place a number next to every phrase. Use the following system to indicate your preferences:



- 4 = Closest to describing you
- 3 = Next best description
- 2 = Next least descriptive
- 1 = Least descriptive of you

1. I make important decisions based on:

- gut level feelings
- which way sounds the best
- what looks best to me
- precise review and study of the issues

2. During an argument, I am most likely to be influenced by:

- the other person's tone of voice
- whether or not I can see the other person's point of view
- the logic of the other person's argument
- whether or not I am in touch with the other person's true feelings

3. I most easily communicate what is going on with me by:

- the way I dress and look
- the feelings I share
- the words I choose
- my tone of voice

4. It is easiest for me to:

- find the ideal volume and tuning on a stereo system



- select the most intellectually relevant point in an interesting subject
- select the most comfortable furniture
- select rich, attractive colour combinations

5. Select the most accurate:

- I am very attuned to the sounds of my surroundings
- I am very adept at making sense of new facts and data
- I am very sensitive to the way articles of clothing feel on my body
- I have a strong response to colours and to the way a room looks

Let's Calculate

Question 1

	K
	A
	V
	Ad

Question 2

	A
	V
	Ad
	K



Question 3

	V
	K
	Ad
	A

Question 4

	K
	A
	V
	Ad

Question 5

	A
	V
	Ad
	K

RESULTS

	V	A	K	Ad
1				
2				
3				
4				
5				
SUM				



The four representational systems (Explained)

VISUAL

- Memorize by seeing pictures
- Are less distracted by noise
- Have trouble remembering things
- Bored by long conversations, they get the picture
- Interested in how things look
- Sit forward in their chairs
- Breathe from their upper lungs
- Tend to be organised and neat
- Place High importance on appearance

NOTES



It is time to act NOW

Jonatan Martensson said, “You can’t stop the waves, but you can learn to surf.”

I always find it amusing when people say we should fake it ‘til we make it. What happened to embracing the true self? What about creating and growing our integrity skill set? Most of all, how do we always remain true to who we are?

There is nothing as demoralizing as to hearing we “should be more positive” and “everything happens for a reason”, especially when life seems to have gone AWOL on us.

The secret in our darkest moment is to be kind and gentle to our inner soul. Treat it with the utmost respect, and you will find your way to the positive light. These are the moments that define us, when we dig deep and choose to steer our lives forward, in spite of and contrary to our circumstances.

It is up to us to reach the realization that the problem is me, but more significantly to realize that the solution is me. Once we have arrived at this point, we will always find a creative way to lean to positivity, change the dial, the compass is in your hands.



Accepting defeat is accepting failure as your mantra. You didn't come this far, to only come this far. You are just at the beginning of the discovery of a powerful you, the you that needs to be incubated for the new gestation of your life.

In my life I have realized that our path leads us to several incubation periods in our life, to regroup, focus and take stock. It is these moments when we propel into the next chapter of our lives. The question now remains, how far and how deep are you going to stretch?

It is time to live your MANTRA

What is in it for me?
What is my true Self?
What is the true Reality?



A new world awaits

In this workbook of Self-Discovery, I trust that the curiosity of self-exploration has been triggered and you are already building an arsenal of positive Self-worth.

Accepting the truths, eliminating the self-doubts and creating a lifestyle of substance, purpose and love is a small price to pay for the new confident you. Changing a mindset that was built and programmed over years of self-neglect, requires time, and patience. It is a step by step, day by day application and eventually, it will become a lifestyle that will not allow compromise.

I urge you to manage your new found treasure and nurture it with the utmost care. Use this guide as the first stepping stone to a fulfilled life. Sow the learnings and let us together heal the new world that awaits.



Credits and Acknowledgements

This guide material and studies include:

- Personal Development
- NLP – Neuro Linguistic Programming Neuroscience
- Time Line Healing
- Truth and Creditability Micro-expressions
- Counselling and Mentoring My personal experience

This course is based on studies and work of:

- Clare Graves
- Leslie Cameron-Bandler Richard Bandler
- John Grinder Tony Robbins Tad James
- L. Michael Hall and Bobby Bodenhammer Deepak Chopra
- Daniel Goleman
- Francois Janse van Rensburg Dr Paul Ekman
- John Kehoe
- Marc Steinberg
- Milton Hyland Erickson
- Melissa Kelly and Jonah Lehrer



“When you're different, sometimes you don't see the millions of people who accept you for what you are. All you notice is the person who doesn't.” Jodi Picoult, Change of Heart

“The only person who can pull me down is myself, and I'm not going to let myself pull me down anymore.” C. JoyBell C.

“The most terrifying thing is to accept oneself completely.”
C.G. Jung

“One of the greatest regrets in life is being what others would want you to be, rather than being yourself.” Shannon L. Alder

“If you have the ability to love, love yourself first.” Charles Bukowski



Lizette's Referrals

"I hope you are well and winning, I am walking with my attitude that says I'm no longer settling for less but for the best. The self-discovery workshop was an eye-opener for me, little did I know that I can resolve many personal problems by simply finding my TRUE SELF.

Self-Discovery workshop has taught me that having people defining me cannot take me anywhere in life but having core values for myself makes decision making easy for me without being apologetic because that on its own has to do with authentic self.

Until we realize and develop the self-awareness of the desire to change our current beliefs and situations and learn to release the emotions attached to these beliefs and situations we'll continue to experience the same situations in our lives.

The session has also taught me that it is not our external affairs that matter only, for example, our status, titles, our money but our internal issues that we always hide and not want the external world to know about us; hence we end up wearing masks and come across as well when we are broken inside.

By hiding our internal affairs such as not unforgiveness, anger, void, grief, loneliness we make it hard to discover ourselves and to live a life driven purpose life.



My take away was the fact that self-discovery permits many things to fall into place, I learned to release a lot of things that were barriers to my dreams and to my destiny.

May God enlarge your territory, fight your battles, vindicate on your behalf and take you to places where you will continue to advance His Kingdom. Thank you for taking me through such a fascinating journey of SELF DISCOVERY.

*Warm regards
Lungelo Ratlhahane”*

“...thank you for helping me, finding a piece of myself and adding value to my life...” Carise Young, Edenvale

“Baie dankie. Ek het nie woorde nie, ek kan net se WOW!! Dit was die BESTE journey wat ek nog beleef het. Dit was werklik vir my amazing, en die beste is, dis practise. Soms het ons so baie kopkennis maar ons weet nie hoe om dit prakties te doen nie. Baie dankie ek dink nie jy kan werklik n prys aan dit Koppel nie. Die beste 2 dae well spend.”

Amanda Muller, Johannesburg

“I have found my confidence in everything I do, I now have a purpose...” Carol Ann Smith, Benoni



“...in my darkest hours, Lizette helped me find my way back to life...” Marian du Plessis, Hartebeespoort

“...Lizette is a professional with a positive and progressive outcome in mind...powerful...”

Cassie Steenkamp, Johannesburg

“Lizette is a friendly person and sets you at ease very quickly. She has motivated us and we so much energy out of her workshops...”

W Ornelas, Benoni

“The breakthrough I needed, won’t ever let someone stay rent-free in my mind again – I will be unstoppable – watch out... I am coming for everything I deserve...”

S Kritzinger, Pretoria

“Lizette het (en doen nogsteeds) saam my die “journey” en soeke na myself gestap.... Ek sal vir enige iemand aanbeveel om werklik n geskenk aan jouself te gee en Lizette as “Lifecoach” aan jou sy te he, dis regtig die moeite werd!”

S Muller, Benoni



“Hi, Ek wil net dankie se vir alles. Voel die laaste week met klas uiteindelik weer soos myself. Ek vra vrae, en antwoord vrae, en kry gewerk wanneer ek moet. En dit voel 100% of ek die jaar gaan oorleef! So net bitter baie dankie!”

D Grobler, Centurion

“...hier uit Vietnam uit! Hoe se mens dankie vir jou vir wat jy gedoen het vir my...baie baie dankie!!!

A Reichgelt



In *Finding Me*, a Self-Discovery Adventure, the curiosity of Self-exploration will be triggered and you will be motivated to build an arsenal of positive Self-worth.

Accepting the truths, eliminating the Self-doubts and creating a lifestyle of substance, purpose and love is only a few of the adventures that awaits you.

Step into your own world, accept the challenge and become your true self.

About the Author

Lizette is a dynamic and energetic individual with a passion to empower individuals to excel in life.

As Master Life Coach, her expertise extends to Human Lie Detection, NLP, Training, and Inspirational Speaker.

Her no-nonsense, down to earth approach, invites you to open up and explore the true self, giving you the gift of Self-acceptance and Empowerment

