



**DISCOVER YOURSELF: Find Your Strengths  
and What Makes You Happy (who am I, know  
thyself, know me, how to feel great, discover your  
genius, self esteem, what makes us tick)**

*Martin Formato*

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## **Discover Yourself: Find Your Strengths and What Makes You Happy**

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You are about to find out WHO YOU REALLY ARE.

Surprisingly enough, most people don't know or have forgotten who they are. They realize the problem, but have been unable to find the solution.

The truth is, if you are feeling lost, it is because you do not know where you are.

This book is your map. It will help you define where you came from, where you are and where you are going.

This book will help you know yourself better. Knowing yourself is your foundation. From there you can build yourself up. Once you know yourself you will be in a better position to decide which direction to take in life that will bring you peace, success and happiness.

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- Who Am I Today?
- My Past
- My Beliefs
- Life Phases
- Wheel of Life
- My Strengths
- Which Areas Can I Improve?
- What Resources or Help Do I Have Access To?

- What Makes Me Happy?
- 6 Core Human Needs
- My Values
- And much, much more!

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**Deana Smith:**

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