

How To Be More, Do More, Become More, Achieve More & Have More – With Meiyoko Taylor

This workbook is derived from the enlightening interview with Meiyoko Taylor, a celebrated personality in the field of personal development.

It's essential as it provides an in-depth understanding and practical approach towards overcoming resistance and self-sabotage, embracing strengths, and facing fears, essential for entrepreneurs and individuals seeking personal growth.

The benefit is twofold - gain valuable insights from a leading expert in personal development and a structured action plan to apply these concepts, ultimately leading to individual and business transformation.

Quote to remember from the Interview

"Fear has no distinguishing factor with how it feels. But the name of the game is to feel the fear and do it anyway." - Meiyoko Taylor

What You'll Learn From the Activity

Through these activities, readers will translate Taylor's insights into tangible and personal applications. They will help the reader gain deeper understanding in self-confident, overcoming fear, cherishing individuality, and dealing with entrepreneurship's isolation with thoughtful reflections and strategic actions.

Activity

Reflect on a time you let your fear dictate your actions.

Given what you have learned from this interview, how could you have approached your previous situation differently?

List 3-5 of your strengths.

Describe a situation where you can leverage these strengths to confront a personal challenge.

Identify one instance where people tried to "dim your shine". How did you react then and how would you react now?

Show a real-life example of how humans have demonstrated their extraordinary potential.

Reflect and describe a vision you have for your business or personal life. Why do you think this vision might not be shared by others?

How does understanding that your vision might not always be shared by others influence your approach to bringing this vision to maturity?

List three ways to deal with the solitude of entrepreneurship.

Share an example where you faced fear head-on and achieved your goal.

How can one differentiate between the fears that prevent one from reaching their potential versus those protecting them from harm?

Fill in the blank: One strategy I can use to face my fears is _____.

Which area of your life could benefit from a higher level of self-confidence?

True or False: I must wait for others to endorse my vision before I act on it.

Describe how the realization that fear feels the same for everyone impacts your understanding of your own fears.

If you experience physical symptoms of fear (e.g., headaches, sweaty palms), what could you do?

True or False: Being an entrepreneur can often lead to feelings of loneliness.

Discuss a strategy to maintain momentum in your journey, despite feeling alone.

"Once I start ___ really bright, other people can try to me down. But, I'll rise above it by ___."

Enumerate the key takeaways from the "Find Your Amazing: Five Steps to Transforming Your Life" by Meiyoko Taylor.

What practical strategies have you learned from this interview that you can apply in your journey towards success?

State one personal commitment you can make to deal with fear and continue on your path.

Complete the sentence: "My shine is..."

Provide one action step you can take today to start shining brighter.

Discuss one way you can leverage human potential to achieve your vision.

How can understanding the contrast between human and animal capabilities encourage you in your personal journey?

Finally, reflect on this quote: "The name of the game is to feel the fear and do it anyway". How does it resonate with your personal experiences?

How does this interview change your perspective on your capabilities?

Complete this sentence: "To transform my life, I will focus on _____."

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