

PERSONAL BRAND BOOK

NAME:

CONTENTS

FEMININE
P O W E R

- 1.YOUR LIFE PILLARS
- 2.CORE VALUES
- 3.LIFE STATEMENT
- 4.YOUR INSPIRATION
- 5.STRENGTHS AND UNIQUE QUALITIES
- 6.MOOD BOARD



LIFE PILLARS

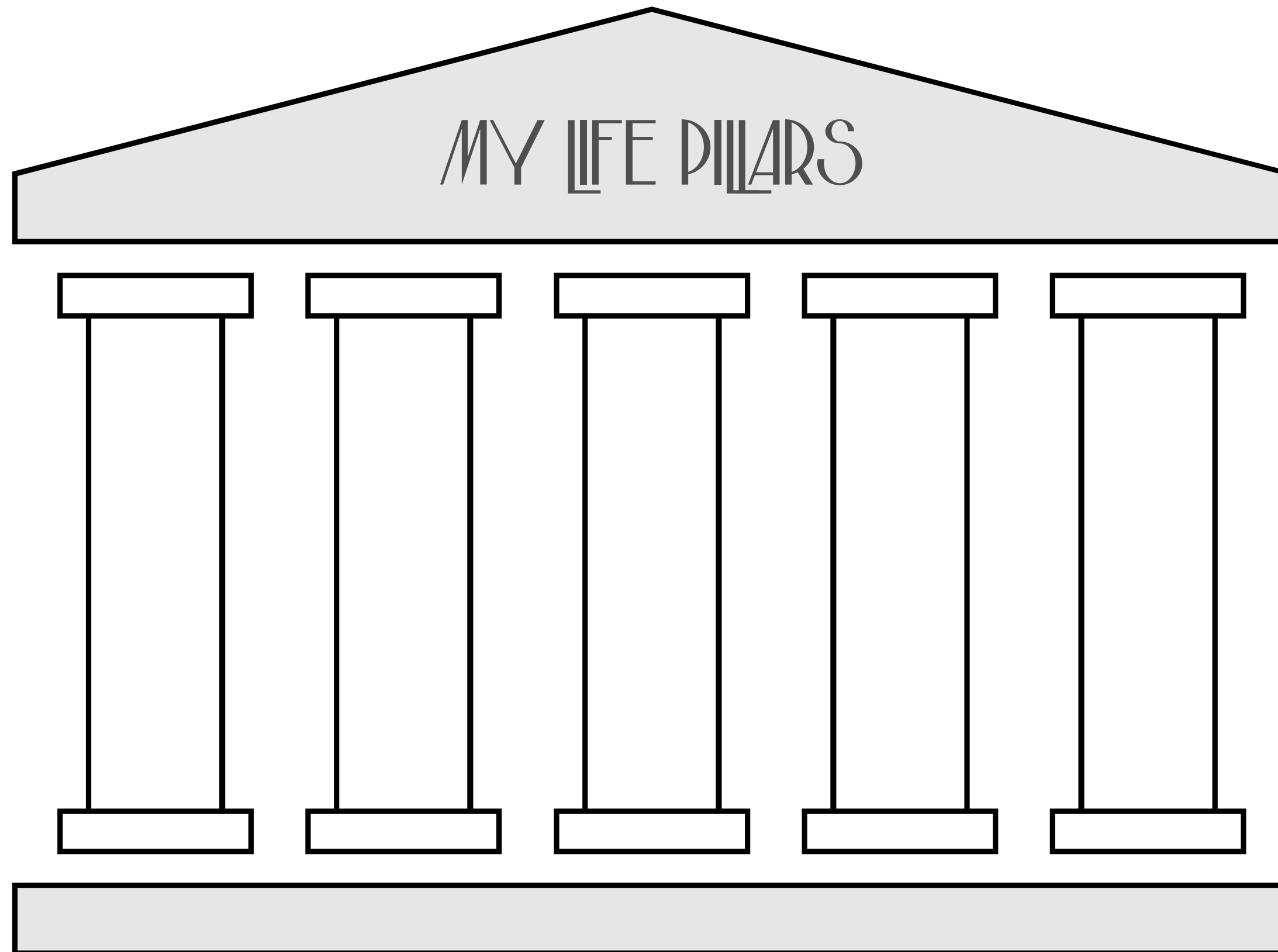
DEFINE WHAT MATTERS MOST



Imagine you're embarking on a journey to identify and prioritize what truly matters to you in life. This task will help you gain clarity on your values, goals, and aspirations, guiding you towards a more purposeful and fulfilling path.

Begin by brainstorming all the things that are important to you in life. This can include relationships, career goals, personal growth, hobbies, health, spirituality, and any other aspects that hold significance for you.

Choose 5 Pillars that matter the most.. the upcoming pages can help you identify



Health: Assess the importance of physical and mental health in your life. How do you prioritize your health and well-being? What habits or practices do you engage in to maintain a healthy lifestyle?

Family: Reflect on the role of family in your life. How important are your relationships with family members? What values do you associate with family, such as love, support, and connection?

Friends: Consider the significance of friendships in your life. How do your friendships contribute to your happiness and well-being? What qualities do you value in your friends, such as loyalty, trust, and camaraderie?

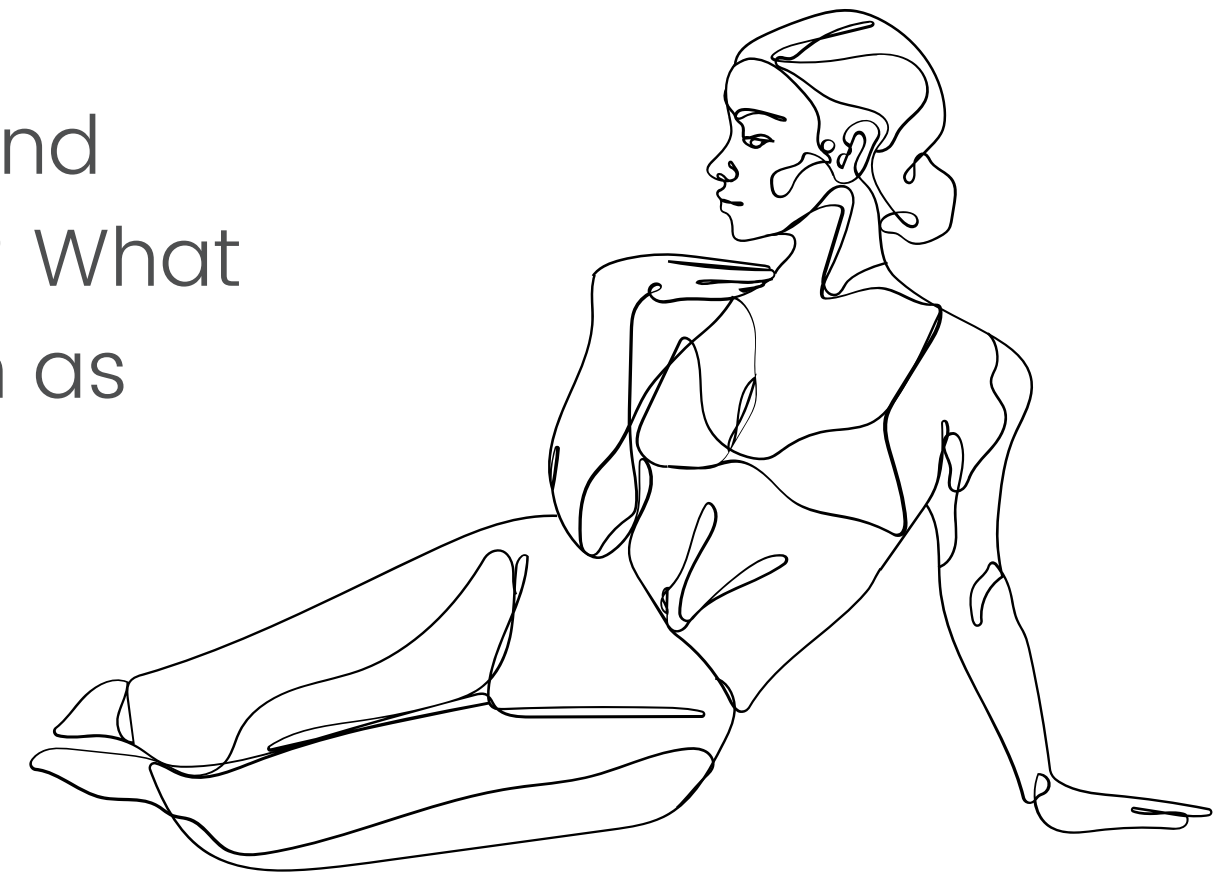
Community/Service: Think about your involvement in your community and service to others. How do you contribute to the well-being of your community or society? What values do you associate with community involvement and service, such as empathy, compassion, and altruism?

Career/Passion: Reflect on your career or passion pursuits. How fulfilled do you feel in your work or creative endeavors? What values do you associate with your career or passions, such as purpose, fulfillment, and growth?

Personal Growth: Consider your commitment to personal growth and development. How do you strive to improve yourself and learn new things? What values do you associate with personal growth, such as curiosity, resilience, and self-improvement?

Spirituality/Philosophy: Reflect on your spiritual beliefs or philosophical outlook on life. How do these beliefs shape your values and priorities? What values do you associate with spirituality or philosophy, such as meaning, purpose, and transcendence?

Leisure/Recreation: Consider the importance of leisure and recreation in your life. How do you unwind and recharge? What values do you associate with leisure and recreation, such as relaxation, enjoyment, and balance?



CORE VALUES

I D E N T I F Y Y O U R C O R E V A L U E S

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Identify Peak Moments: Think about moments in your life when you felt happiest, most fulfilled, or most at peace. These peak moments can provide insights into your core values and what matters most to you.

Explore Your Passions: Consider the activities or interests that bring you the most joy and satisfaction. What values are reflected in these pursuits? For example, if you love volunteering, you might value compassion and community.



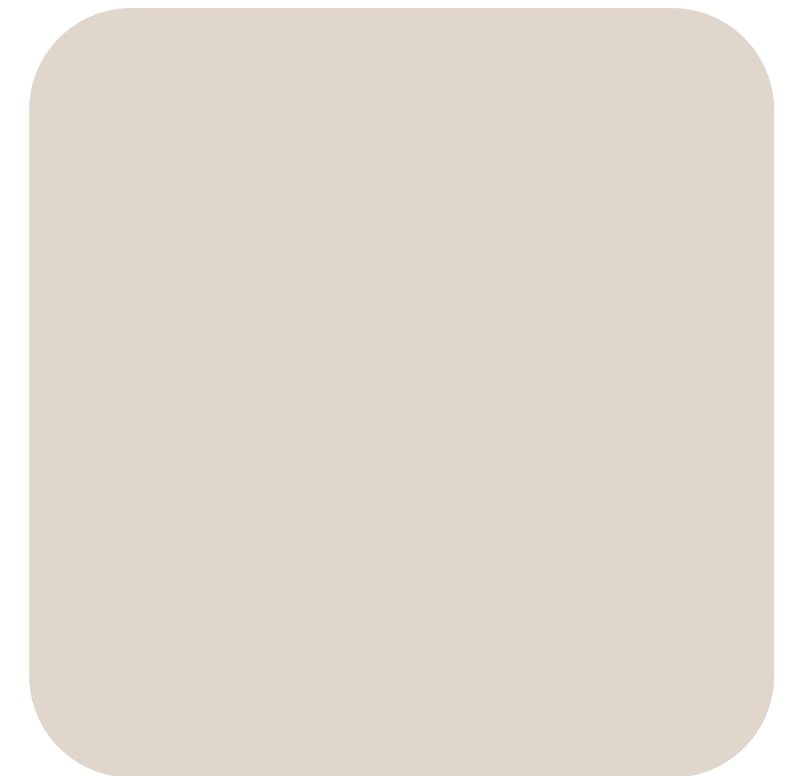
Honesty	Tolerance	Self-awareness	Collaborative	adventurous
Integrity	Open-mindedness	Self-acceptance	Teamwork	Education
Loyalty	Forgiveness	Self-confidence	Excellence	Knowledge
Compassion	Generosity	Independence	Quality	Learning
Empathy	Courage	Freedom	Service	Justice
Respect	Perseverance	Loyalty	Altruism	Simplicity
Kindness	Determination	Witty	Reliability	Balance
Authenticity	Ambition	Soft	Authenticity	Resilience
Accountability	Creativity	Empowerment	Creativity	Health
Gratitude	Innovation	Equality	Openness	Well-being
Humility	Adaptability	Inclusivity	Adaptability	Exploration
Responsibility	Flexibility	Diversity	Harmony	Innovation
Trustworthiness	Curiosity	Environmentalism	Peace	Honor
Fairness	Wisdom	Sustainability	Spirituality	Unity
Patience	Self-discipline	Community	Fun	Transparency

FEMININE
POWER



USE THIS LIST
FOR
INSPIRATION

MY VALUES

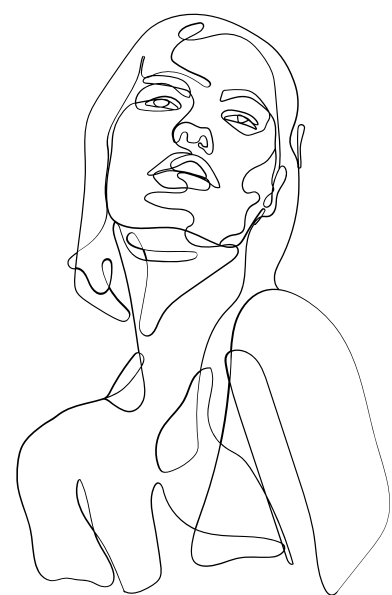


O N C E F I N A L I Z E D . . .

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P O W E R

Prioritize Your Values: Once you've identified a list of potential values, prioritize them based on their importance to you. Ask yourself which values you couldn't imagine living without.

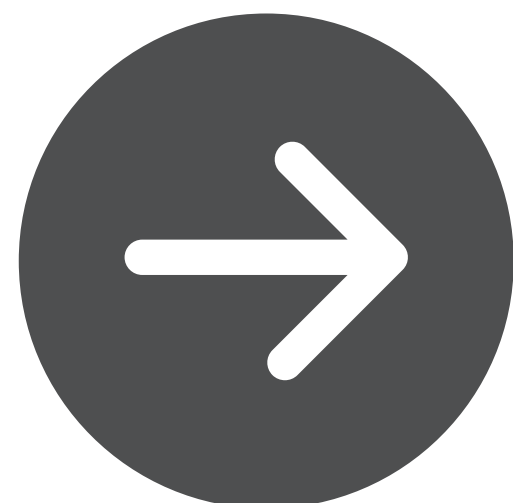
Test Your Values: Pay attention to how your values align with your actions and decisions. Are you living in accordance with your values, or do you find yourself compromising them? Adjust your priorities accordingly.



Seek Feedback: Talk to trusted friends, family members, or mentors about your values. They may offer valuable insights and observations that can help you better understand yourself.

Stay Open to Growth: Remember that personal values can evolve over time as you gain new experiences and insights. Stay open to growth and be willing to reassess your values periodically.

MY LIFE STATEMENT



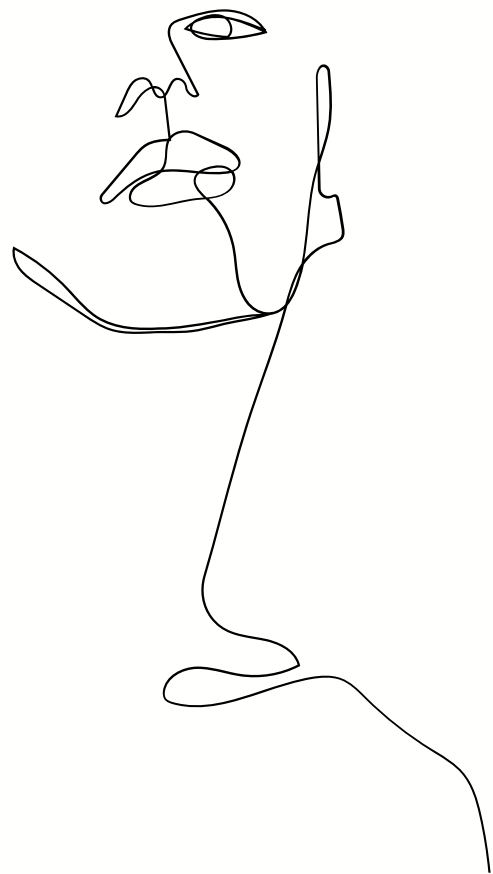
Create a Personal Values Statement

Once you have a clear understanding of your values, consider writing a personal values statement that articulates what you stand for and what you aspire to uphold in your life.

E X A M P L E

FE/MININE
P O W E R

MY LIFE STATEMENT



"I value authenticity, kindness, and personal growth. I believe in treating others with respect and compassion, while continuously striving to better myself. Integrity, honesty, and empathy guide my actions. I aim to make a positive impact in the world and prioritize my well-being to better serve others."

MY LIFE STATEMENT

FE/ MININE
P O W E R

FE/ MININE
P O W E R

INSPIRATION

WHAT INSPIRES YOU?

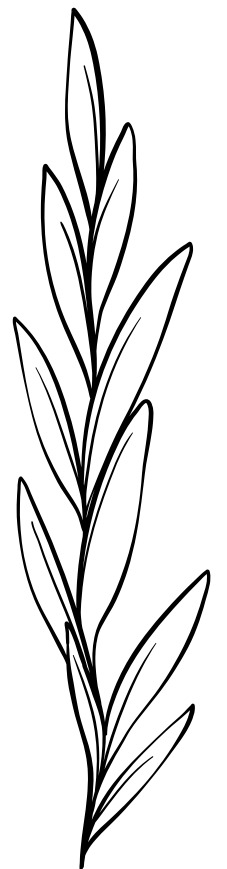
FEMININE
POWER

Take some time to reflect on what inspired you during the last week.

Write it down, whether it's a quote, a conversation, a piece of art, a song, a book, a movie, or something you observed in nature.

Now do the same for the last month, year and maybe all the way back to your childhood.

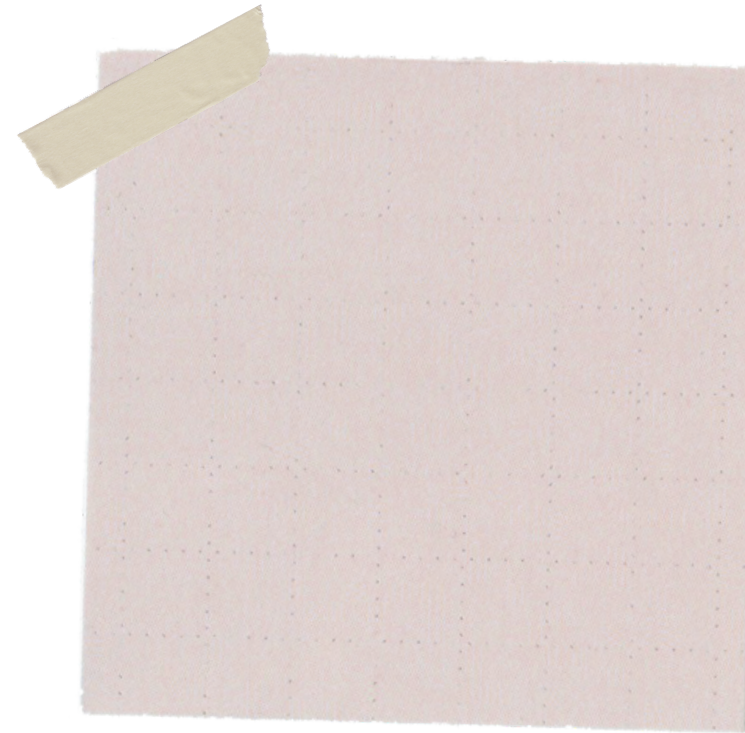
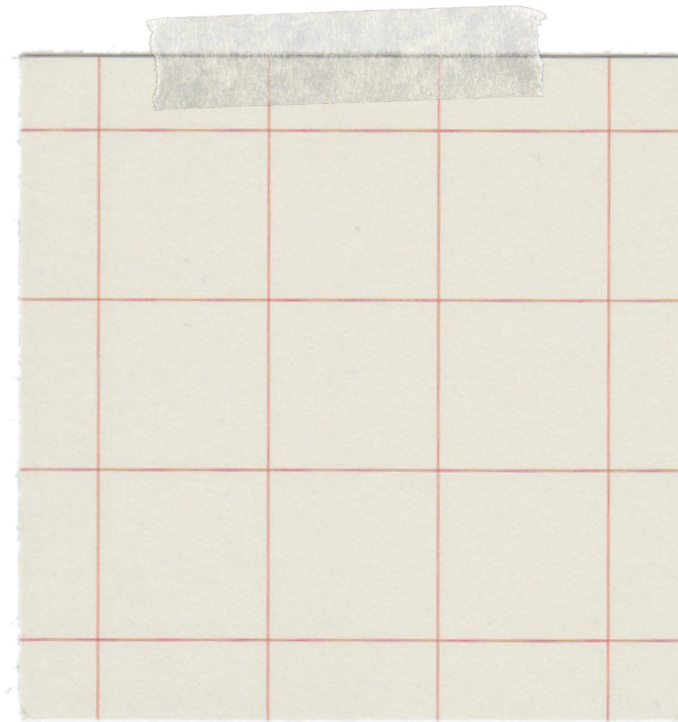
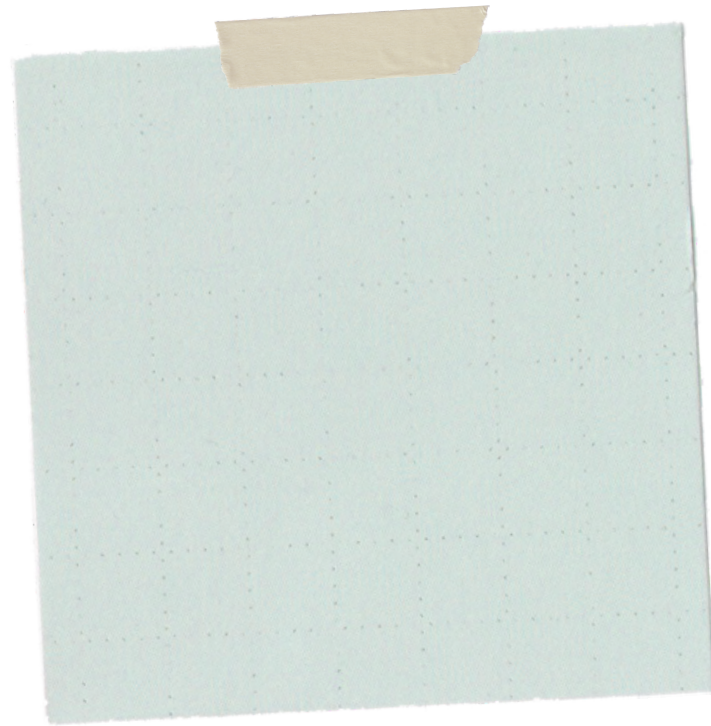
See if any patterns emerge. Are there certain themes or topics that consistently inspire you?



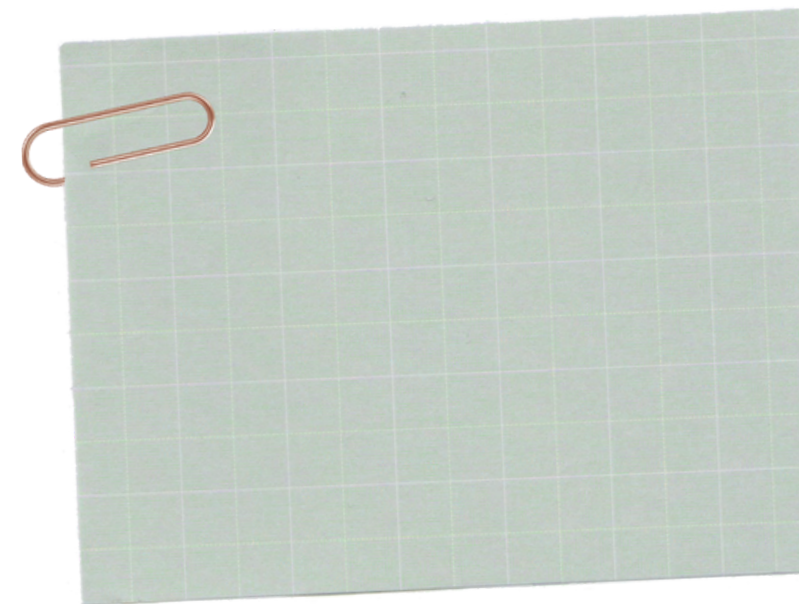
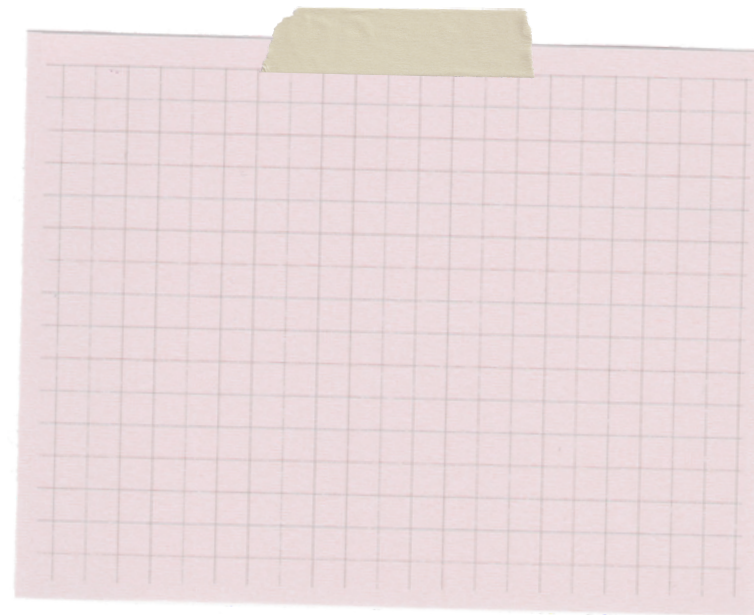
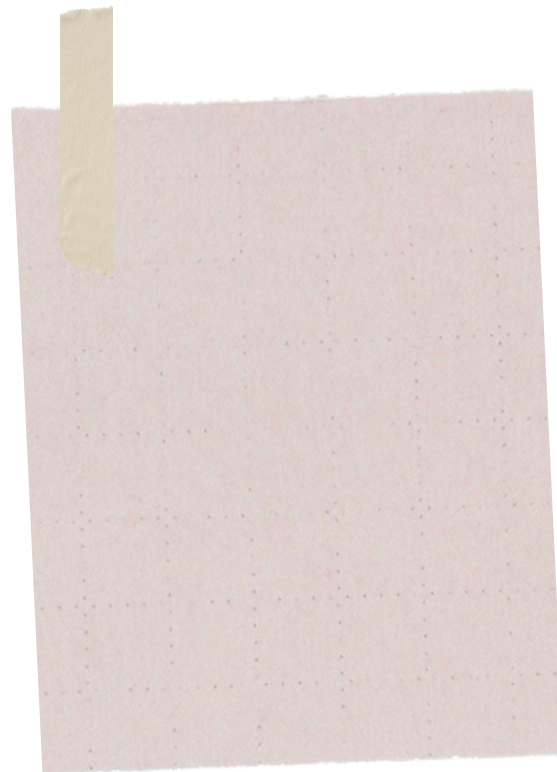
W H A T I N S P I R E S Y O U ?
B R A I N D U M P P A G E

FE/ MININE
P O W E R

FEMININE POWER



WHAT INSPIRES YOU?
CONTINUOUS PATTERNS



STRENGTHS UNIQUE QUALITIES

LET'S FIND THINGS THAT
MAKE YOU PROUD

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- What are some compliments or positive feedback that others have given you in the past?
- What activities or tasks do you excel at effortlessly, without much effort or training?
- What unique skills or talents do you possess that set you apart from others?
- When do you feel most confident and capable in your abilities?
- What accomplishments or achievements are you most proud of in your life?
- What values or principles do you consistently uphold, even in challenging situations?



- What positive traits or characteristics do your friends, family, or colleagues admire most about you?
- What challenges or obstacles have you successfully overcome in the past, demonstrating resilience and perseverance?
- What aspects of your personality or behavior do you believe make you stand out in a crowd?
- When do you feel most authentic and true to yourself, without trying to impress others or conform to societal expectations?

Reflecting on these questions can help you identify and appreciate your unique qualities, strengths, and contributions to the world around you.

MY STRENGTHS

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E X A M P L E

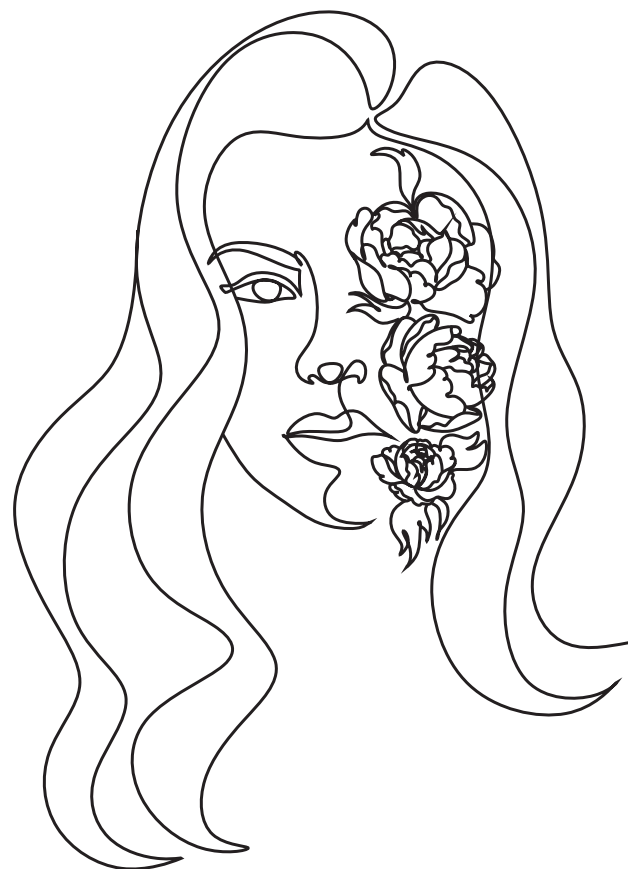
FEMININE
P O W E R



cooking and creating recipies
I'm good at researching things
restarted school after dropping out
climbed the mount everest
4 years sober now
currently writing a book

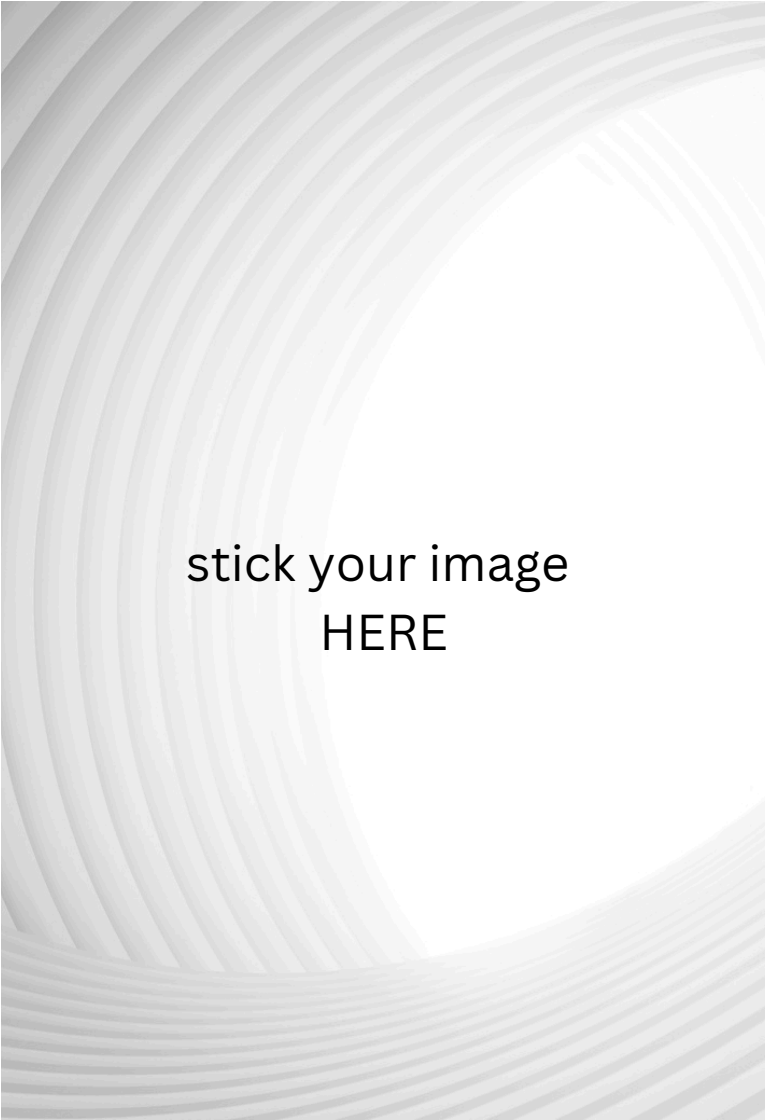
MOOD BOARD

Create your mood board...



1. Visualize Your Future: Define what you want your future self to look like.
2. Gather Inspiration: Collect images, quotes, and textures that represent your vision.
3. Choose a Format: Decide whether to create a physical or digital mood board.
4. Arrange Elements: Arrange your collected materials on your mood board.
5. Add Text and Labels: Include captions or descriptions to enhance your vision.
6. Include Goals: Integrate specific goals or aspirations into your mood board.
7. Review and Refine: Step back, review, and make any necessary adjustments.
8. Display Your Moodboard: Place it where you can see it regularly for inspiration.
9. Stay Inspired: Use your mood board as motivation to work towards your goals.

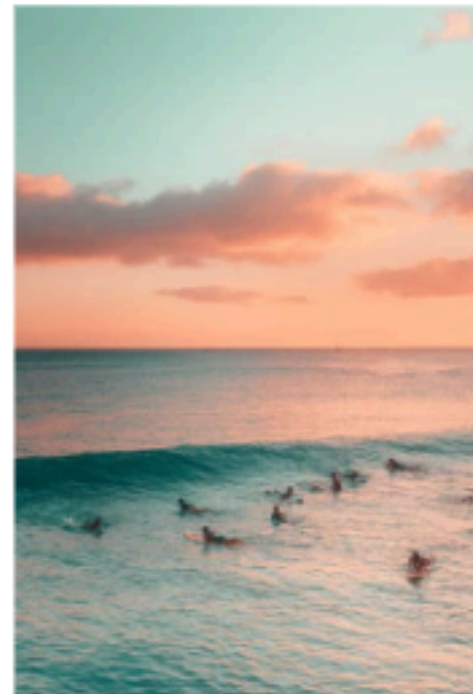
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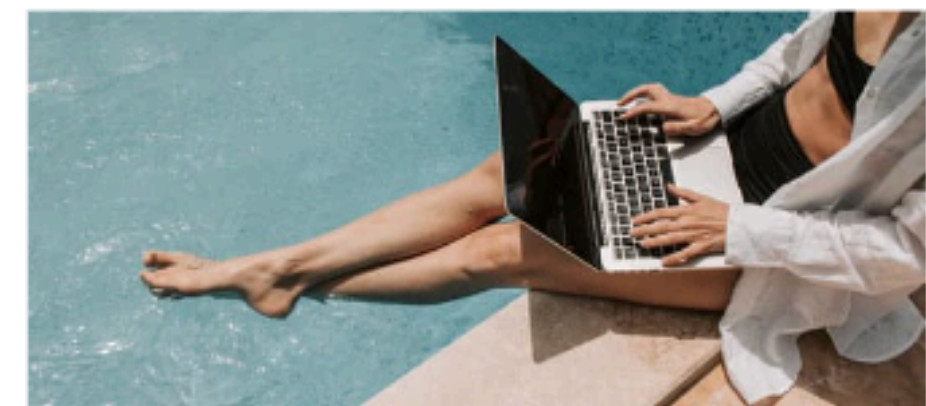
E X A M P L E

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P O W E R

- travel and culture
- freedom
- beach/surfing
- work from
anywhere in the
world
- soft life vibes



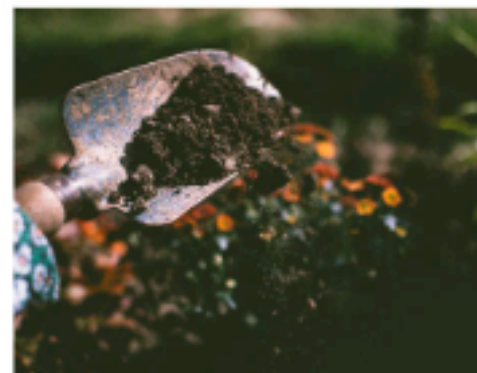
MY GOAL LIFE



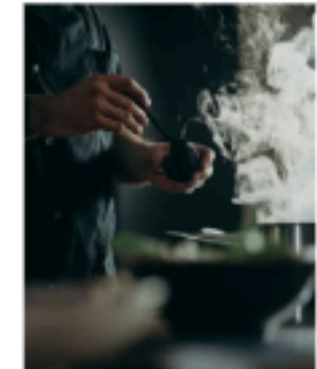
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- family
- home
- cooking
- gardening and plant management
- healthy food



VISION 2025



E X A M P L E

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- University
- London
- make new friends
- book love
- most probably a Harry Potter fan
- new life chapter



MY DREAM

