

The Importance of Self-Discovery

“The discovery of self is the birth of leadership.” – Dr. Myles Munroe

Throughout our lives, we all encounter various “chapters,” if you will, of self-discovery. Maybe these chapters arise through new opportunities, big life transitions, or quiet meditation, reflection, or time with God--just to name a few. When you work with your [life coach](#), you may also experience opportunities in which to discover yourself or re-connect with certain aspects of you with which you may have lost touch. According to the [International Coach Federation](#), or the ICF, your coach will work with you in various ways to maximize your personal and professional potential. Your coach will look at where you are now and help you determine what steps can be taken to get to where you want to be.

There are various aspects of life we can think of. You can think about family, career, relationship and beyond. Yes, you can be a jack of all trades, but a master of none. That is to say discovering yourselves and getting in touch with your passions are significant. Once you are able to identify who you are and the areas you are good at, you may be able to find happiness in what you are doing despite how hard it is, how long will it take for you to master it, and how much it may cost you. Why? Because you have finally found your passion. This passion of yours just may help take you somewhere you could have never imagined.

In essence, when you have self-discovery, you have the potential to gain:

1. Self confidence
2. Self respect
3. Assurance within yourself
4. Newfound assertiveness
5. Self motivation
6. Self value

So, if you want to be effective, discover yourself and who knows...Perhaps the fruits of your labor may follow.

Don't go at it alone. Contact your coach *today!*

Reference:

SINGLENESS AND SELF LOVE - THE KEY TO A SATISFACTORY LIFE IN 2020 BY DR MYLES MUNROE
https://www.youtube.com/watch?v=Y83S4nOd9_w

https://thesaylifecoach.com/wp-content/uploads/2020/06/Article-1-Why-Should-I-Work-with-a-Life-Coach_.docx

<https://sai.coach/blog/get-coaching-clients-fast/>

<https://coachfederation.org/core-competencies>