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“Let go and give yourself permission to be who you truly are and give this to the world in everything you

So says re-branding agent Lisa Pool. Now I'm sure that this is what most of us are trying to do but

Most people give a one-word answer to this question. They say, I am a wife, an athlete, a chef, a m

When asked who we are, we describe something we do because – from a very young age – we're

What happens when the role, to which you've tied your entire identity, changes? What happens wh

If you get your identity from your primary life role and that role changes, you'll probably end up feel

Nancy Marmolejo writes that the best way to become more self-aware is trying to find out what it is

When you figure out which values resonate with you, you get a better insight into what it is that's re

So, how do you find this deep genius in yourself? Take a look at your innate skills, those things tha

It's not uncommon to overlook your most valuable skills, simply because they come so easily to yo

You've most likely heard the story of Steve Jobs and his love of beautiful lettering. He's a compute

Ever since I read what Nancy wrote about deep genius, I've been puzzling over mine. I think I know

We all have things that come to us easily and effortlessly. We can't see them because we're searching

You have something you're naturally extraordinary at: the way in which you approach life, never mind

And girlfriend, when you've unearthed it, give yourself permission to be who you truly are. Then give