

HAVASS

Academy & Coaching



*The transformation
is going to be great !*

HAVASS ME APP - TRANSFORMATION PROGRAM

WORK AGENDA



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Week 1

What do we learn this week?

- ★ Get to know each other better
- ★ To determine one's beliefs about oneself
- ★ Identify misordered beliefs and replace them with healthier and more realistic beliefs
- ★ To create a new and healthy „me“
- ★ Learning to listen to the criticizing voice
- ★ Learn the weapons used by the criticizing voice
- ★ Answering to the criticizing voice
- ★ Learning to deal with social criticism

Self Conversation



How was it talking to yourself? How did you feel?



Listen to your affirmation before you go to sleep.

„Conquering yourself is the greatest of victories“ (Platon)

Who are you?



Make sure to write down the first thing that comes to mind. In this way we can avoid that your spirit comes into play and thus correctly identify your belief

physical characteristics

Character properties

communication in social life

communication with the opposite sex

success in school and work



Listen to your affirmation before you go to sleep.

„Believe in yourself, others will believe in you“ (Tacitus)



3

DAY

The new „I“

Form the new I by following the rules.
Rewrite all wrongly ordered substances with a realistic perspective.

physical characteristics

Character properties

communication in social life

communication with the opposite sex

success in school and work



Listen to your affirmation before you go to sleep.

„Self-confidence is most important requirement for big initiatives.“ (Samuel Johnson)



DAY

Listen to the criticizing voice



During the day, listen to the criticizing voice and write down everything it says

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Listen to your affirmation before you go to sleep.

„Believe in yourself, beautiful events will begin.“ (David J. Schwartz)

Against the criticizing voice



Together with the information you have learned yesterday and today, write down what the criticizing voice says to you, what technology it uses and what you reply to it.

What did the criticizing voice say?

Which technology did she use?

What did I answer her?



Listen to your affirmation before you go to sleep.

„What another person can do, i can too.“ (Maya Angelou)



Dealing with criticism

Ask two people to tell you which trait you should change in yourself

1

What did the person say

How did you feel after the criticism? Did it bother you?

Do you think the criticism was constructive? Yes/No



2

What did the person say

How did you feel after the criticism? Did it bother you?

Do you think the criticism was constructive? Yes/No



Listen to your affirmation before you go to sleep.

„There are few things that can compete with a self-conquered person.“ (XIV Louis)



DAY

Rest!

Today is a great day for you to rest and absorb what you have learned and applied. If you want, you can write down on this page what you have learned and experienced in the entire module and leave memories.

If you say I want to rest, that's okay too. Then just leave the page blank.

Notes for me



Listen to your affirmation before you go to sleep.

„One's own confidence is the first condition of getting into big business“ (S. Johnson)