



Celeste
STACEY
Queen of 'Craveworthy' Consulting

BRAND YOURSELF!

A Virtual Interactive Workshop:

**Discover and Harness Your Unique Genius to
Up-level Your Career and Skyrocket Your Value!**

Module *Four*

Navigate Hidden Emotions

Your Editable Workbook



Module 4: *Navigate Emotions*

Think of some of the people you work with. What are some qualities about each of them that demonstrates their unique value? List each person and their unique value (love, admire, respect) here:

Based on what you've learned in Module 4, observe the behavior of those around you (and your own behavior) to see if there are hidden emotions that indicate **Threat/Comparison**, **Resentment**, or the **Need to Control**. If you identify any, make a note of the behavior and practice how you would navigate it until it feels natural. **Note:** *This observation activity is just for you and does not need to be submitted.*

Think about your brand statement. It's made up of a combination of your expertise, interests and passions. When you feel self doubt creeping in, refer to that brand statement to remind you of your greater purpose and how you truly shine. Make 3 copies: Keep one copy on your person (wallet, purse, pocket), one in your car and one next to your bed (nightstand or table) so you can refer to it whenever you need it, wherever you are.



Module 4: *Navigate Emotions*

Congratulations! You're
ready for *Modules 5 & 6!*

To show proof of work for **Module 4**, please

Submit your **brand statement** to:

support@brandyourselfcareercourse.com