

## Know and Grow To Be Your Best

*Discover who you are and live your life's purpose*

“For you created my inmost being;  
you knit me together in my mother's womb.  
I praise you because I am fearfully and wonderfully made;  
your works are wonderful, I know that full well.”  
~ Psalm 139:13-14, NIV

**Target Audience:** Can be tailored to teens, adults or people in a career transition

**Workshop Format:** Weekend retreat or 5 weekly sessions

### About the Workshop:

You were made for a purpose! In this workshop, you will discover and celebrate your unique temperaments, gifts and talents, all while aligning your passion with God's plan. You will learn more about yourself using discovery tools, practical steps and expert guidance, which will help you develop your plan for living out your full potential.

## Workshop Outline

### Part I – Self-Discovery: Celebrate the Unique You

*Discover who you are to live out your calling. YOU are the only one in this world who can accomplish God's plan in your life.*

- What does the Bible say about His plan for you?
- Celebrate your life's gifts.
- Understand your unique personality, strengths, weaknesses and emotional needs.
- Live a well-balanced, spiritual life.
- Take stock of your core values.
- Revitalize your passion in life.
- Walk in true love (loving God, yourself and others).

### Part II – The Power of Vision

*Seize what you can see! You will paint a picture of what success looks like, which will guide you to implement your goals.*

- The benefits of visioning.
- Seizing what you can see.
- Seeing beyond today.
- Making a statement.

### Part III – Taking Action: The 5-Step Success Cycle Plan

*Plan your work and work your plan. You will develop a measurable action plan and focus your energy on the things that matter to you most.*

- Putting your plan together:
  - Winning through the 5-step success cycle.
  - The O-D-M Plan: What it is and how to harness it.
  - Making a commitment.



### About Joyce

Joyce Li is a gifted speaker and workshop facilitator with over 25 years of business, consulting, counselling and teaching experience. Fluent in both English and Cantonese, she specializes in delivering interactive workshops that inspire and equip her audiences to become the best they can be. No matter your life journey, Joyce has what it takes to promote your potential to the next level.

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