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Helping Empower Women through Reskilling and Advancement

Rediscover Your Mission and Build Your Confidence



Sorana-Stefana Lehene

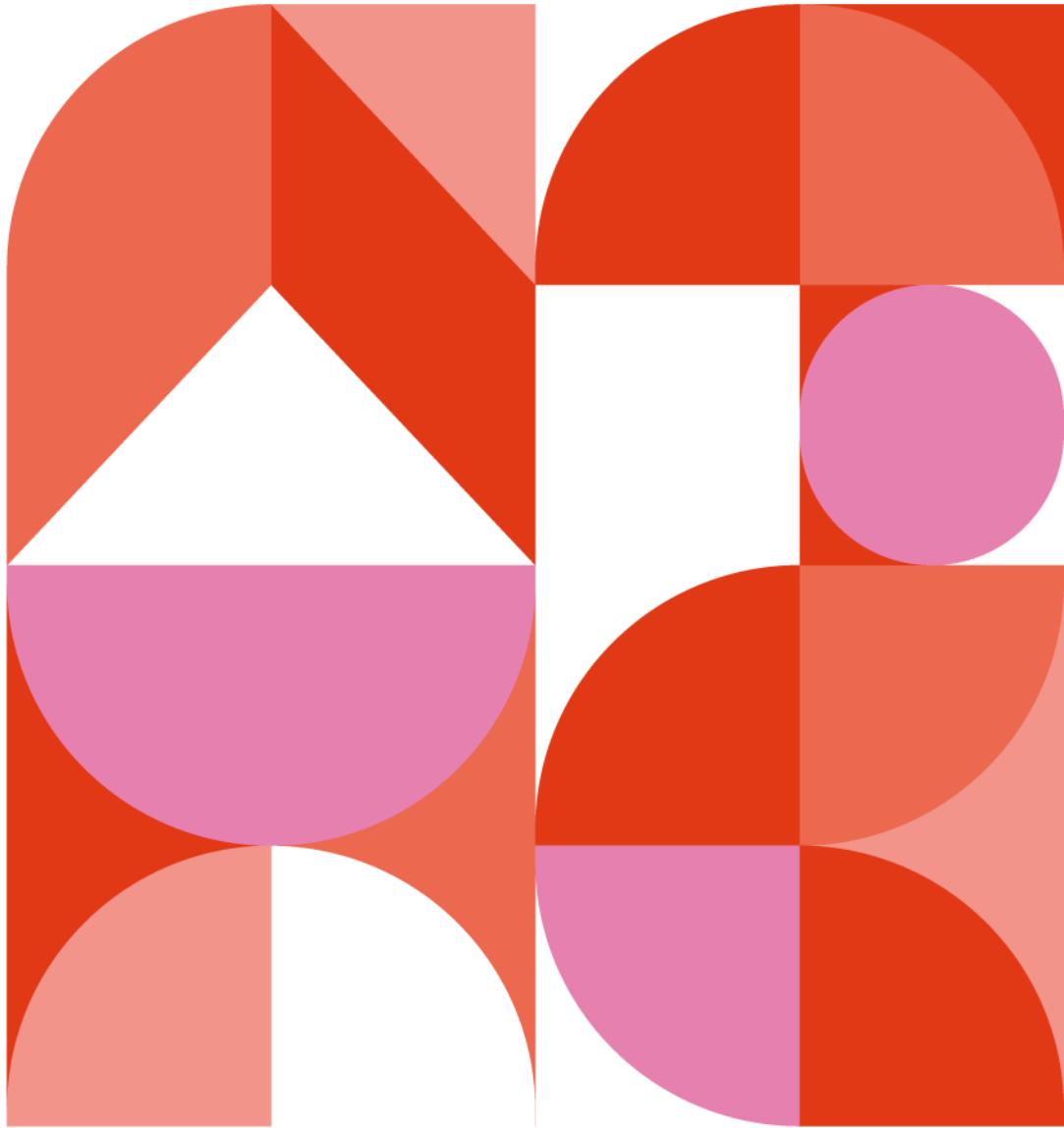
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Why Mission Matters

- Mission = patterns, not perfection
- Helps you navigate decisions
- Protects you from drifting
- Builds confidence through clarity



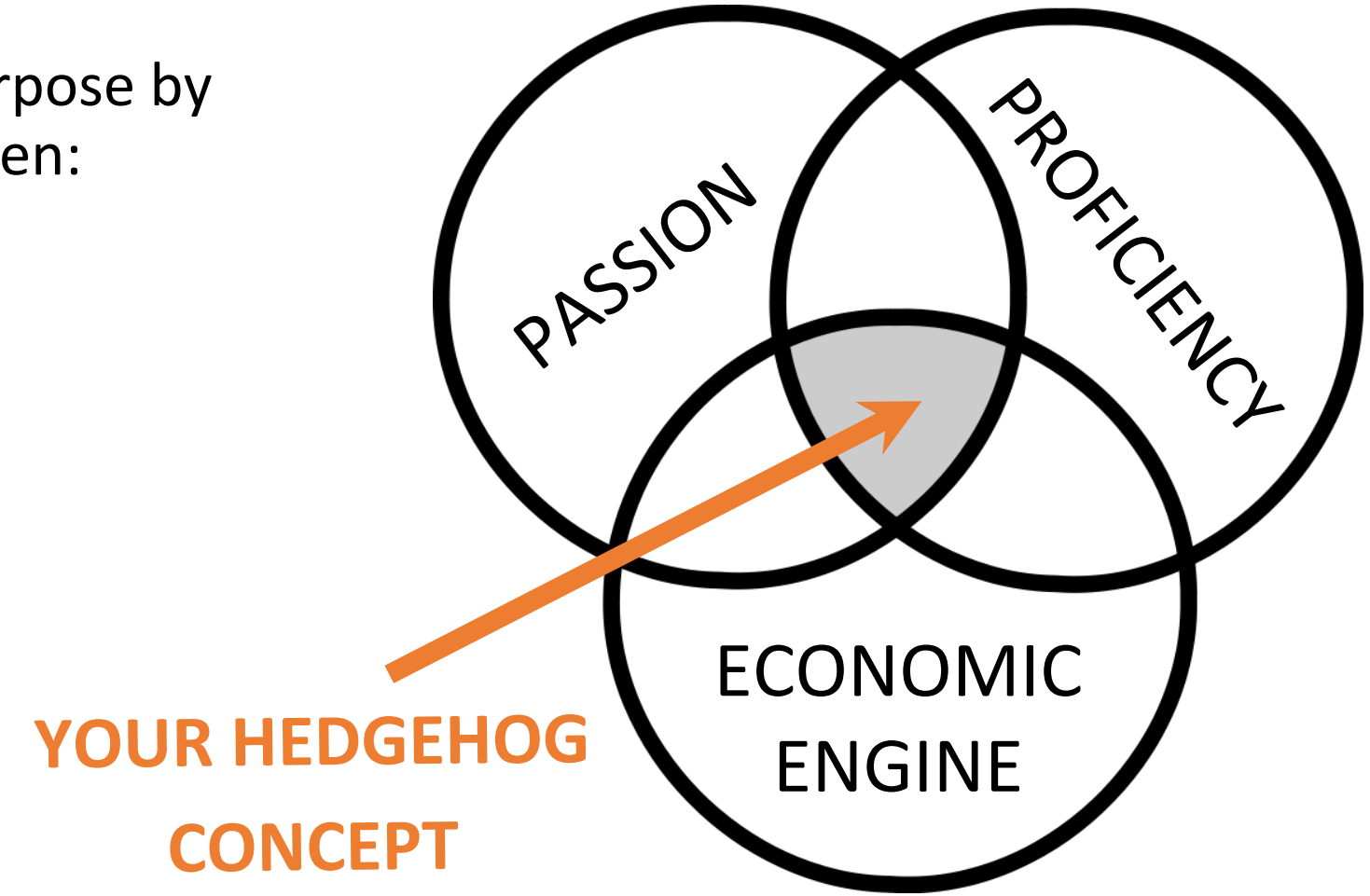
Questions to Start With

- What is unique about you?
- What makes you successful?
- What do people miss when you’re not around?

The Hedgehog Principle (Jim Collins)

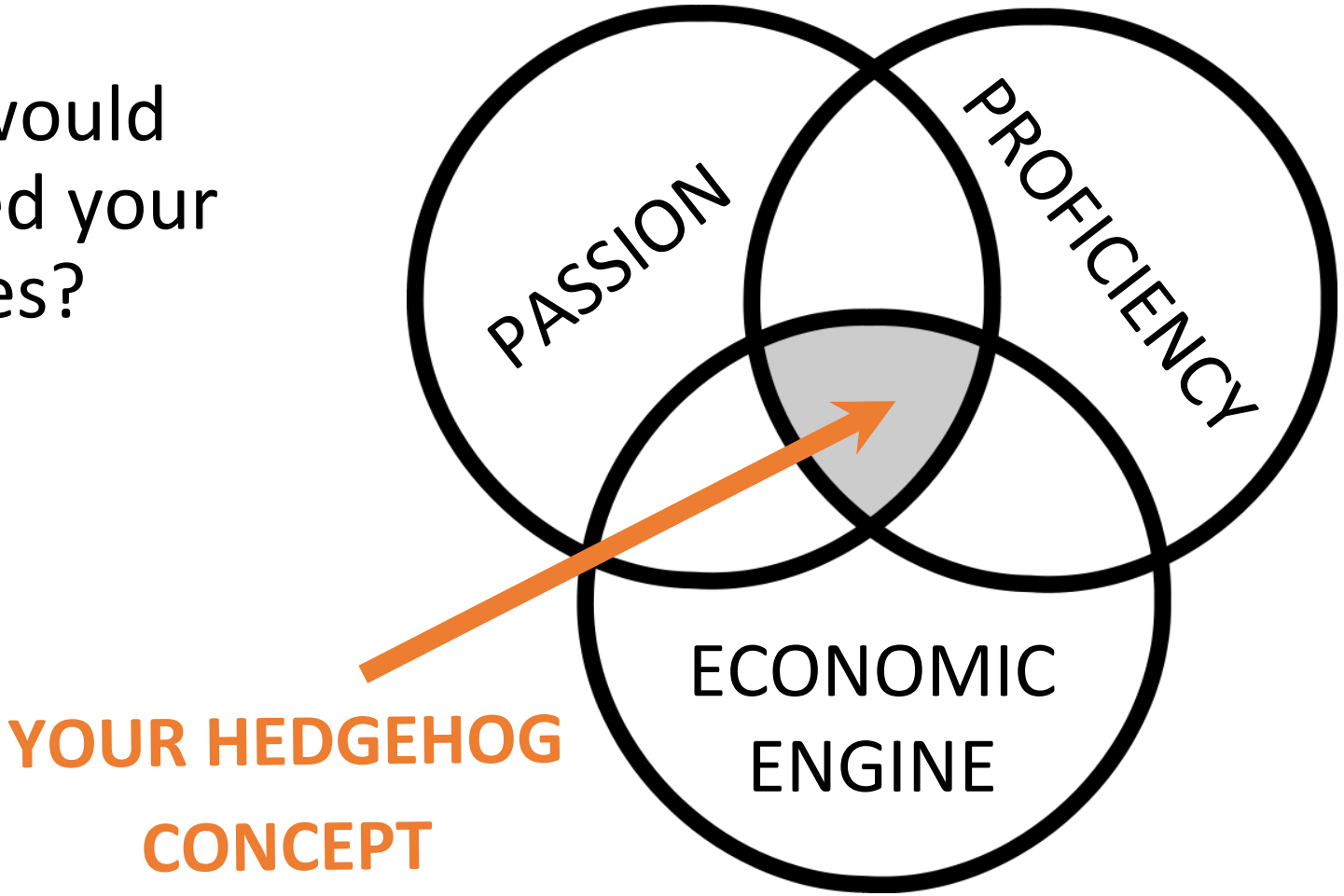
A framework that clarifies purpose by identifying the overlap between:

- Passion
- Proficiency
- Economic Engine



Reflection

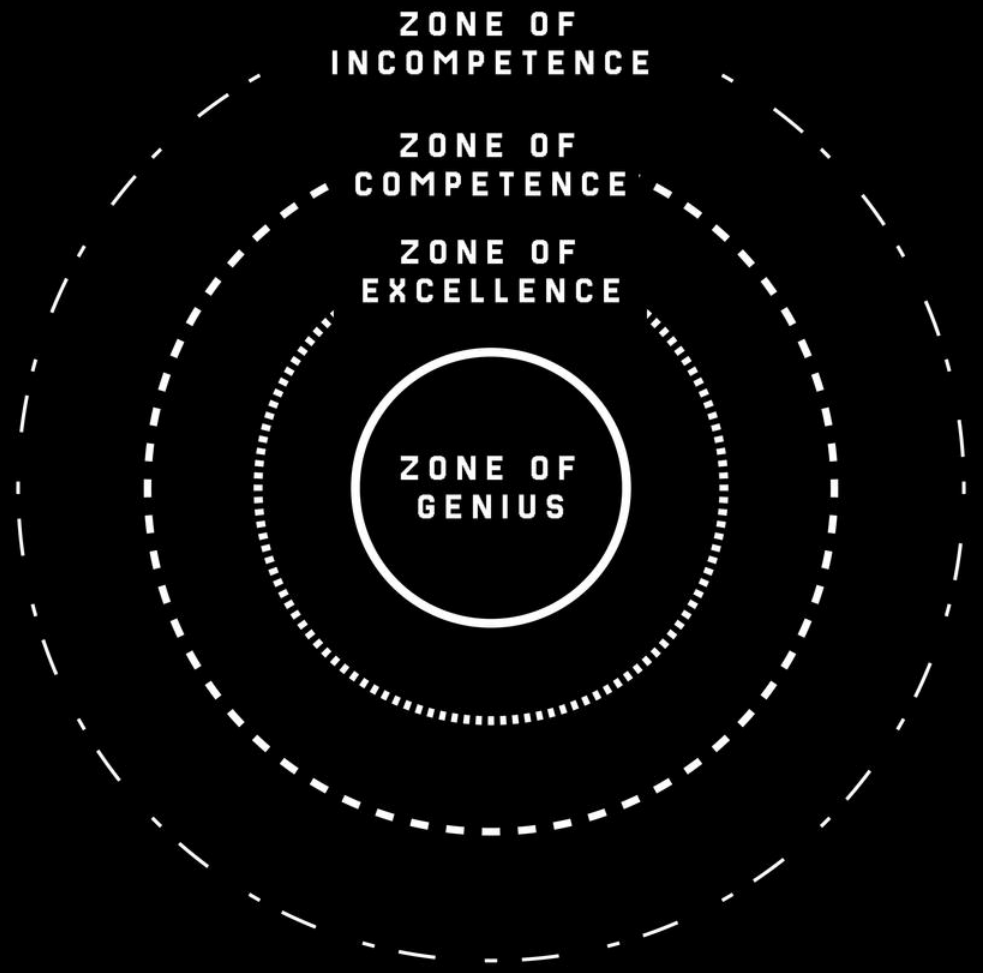
Which part of your life would change first if you aligned your work with all three circles?





Set Your Values

1. Define all your qualities
2. Narrow the list
3. Identify the most important
4. Choose one core value



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The Big Leap (Gay Hendricks)



The Upper Limit Problem: Self-Sabotage

Common sabotage thoughts:

- “This is too good. Something will go wrong.”
- “I don’t deserve this success.”
- “If I’m happy here, I have to compromise another part of my life.”
- “People like me don’t get opportunities like this.”
- “Keeping this up is impossible.”

The Path to Your Zone of Genius

Practices:

- Mindfulness & self-awareness
- Setting boundaries
- Reducing self-criticism
- Increasing self-trust
- Gratitude
- Growth mindset



Self-Esteem:

The Mind’s Protective System

- Healthy Self-Esteem:
  - Clearer judgment and reality-based confidence
  - Capacity to learn from failure without collapse

- Low Self-Esteem:
  - Vulnerability to stress and manipulation
  - Defensive thinking, avoidance, or self-sabotage



The 6 Pillars of Self-Esteem (Nathaniel Branden):

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1. Living Consciously
2. Self-Acceptance
3. Self-Responsibility
4. Self-Assertiveness
5. Living Purposefully
6. Personal Integrity

The 7th Pillar: Self-Esteem as a Practice

Your Mission Statement

“My mission is to use my [strengths]
to create [specific value or impact]
for [people / system / domain],
by [daily behaviors or principles],
even when [predictable obstacles or costs]“.



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Rediscovering your mission is rediscovering your courage.

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