

# **MODULE 1 – KNOW YOURSELF DESCRIPTION**

Module 1 begins with a short introduction about how you can get the most out of this course. Then, you dive right in.

The first step to being authentic is to find out who you really are. This module helps you develop self-awareness. You'll discover many details about your personality and how you got that way. We'll also discuss how your past experiences have influenced you and help you clarify your values and true passions.