



# Playbook

## **KNOWLEDGE**

### How to best use this playbook

- Print this Playbook and play with it.
- Do the exercises and explore the questions posted in each playbook. You will notice that when you start looking anew and when you explore the unexplored world you will experience a shift that will impact the outcomes you achieve.
- Think about it, but don't overthink it. Just write down your answers intuitively.
- If you missed the Reclaim Your Best Life session that the topic relates to, make sure you watch the recording and any other related videos before you embark on your play.
- Don't go it alone. If you get stuck at any time, ask for support in the Reclaim Your Best Life program Facebook group.
- Come and share your insights, experiences and outcomes with other women in your program in the Reclaim Your Best Life program Facebook group using the hashtag #character. If you want to have a real breakthrough in your play, do a Facebook live to the community!

Enjoy the play!



# Building your knowledge and experience

*“If money is your hope for independence you will never have it. The only real security that a man will have in this world is a reserve of knowledge, experience, and ability.”*

*Benjamin Franklin*

## **ABOUT ABOUT KNOWLEDGE, SKILLS AND EXPERIENCE**

Whilst you discover or reconnect to your talents and passions that are inside of you, you acquire and build your knowledge and experience over time.

You acquire knowledge and experience either through education, self-study or direct experience. As you do that, these become areas where you become proficient and other people start viewing you as an expert and person to go to when they need help, advice or a problem to be solved. Where are you knowledgeable and experienced you become respected as an authority and valued for what you can bring to the table.

All the knowledge, skill and experience you gained over time allows you to expand on your talents and passions, and let them be more alive and shining. And also more valuable. Yet so often we don't invest our time and energy deliberately and try to gain experience or acquire new knowledge and skills in areas that have nothing to do with our talents and passion.

It does take time and focus to build your knowledge and experience base. Therefore, if you become an expert in any area or domain, it makes sense that it is aligned with and develops your passion and talent.



# Questions to start with

1. List areas where you already have valuable knowledge and skills:

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2. List areas where you already have valuable experience:

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3. In what areas could you already be considered an expert?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# Reality check

- Is there a gap between what you know and what you are passionate about or talented in? Y/N
- Do you invest time to acquire knowledge, skills and experience in the area of your talents and passions? Y/N

1. Where do your knowledge, skills and experience match your talents and passions?

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2. Where do your knowledge, skills and experience NOT match your talents and passions?

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*If there is alignment it is just a matter of time when you will become an authentic authority and sought out expert in your field.*



# Stop signs

What prevents you from building more knowledge, skills and experience in the area of your passion or talent?

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

Where do these reasons, concerns or beliefs come from? Are they necessarily true?

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What would your life look like if you were no longer stopped by these reasons or concerns?

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If you believed it was possible and worthwhile, what would you do?

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*Well done for taking on that deep enquiry! Come and share in the Reclaim Your Best Life Facebook group what you discovered about yourself and your knowledge using the hashtag #knowledge.*