



**4**

**THINGS  
YOU  
NEED  
TO START  
NOW.**

**SELF REINVENTION:  
THE ONLY WAY TO WIN!**

**YETUNDE BANKOLE-BERNARD**





## HELLO THERE! ITS YBB

*And I am the 'identity coach'*

Thank you for downloading this free blueprint on how to reinvent yourself and embrace flexibility so you can consistently attract the value you deserve.

This is a quick run through extracted from my key thoughts and in depth courses but it's potent enough to open your eyes to your opportunities and invariably change your life's experiences.

I share with you principles that have proven to work over and over again in my 15+ years working with individuals, public figures, business owners, corporate organisations and govt establishments.

Are you ready to Reinvent yourself and seize opportunities available to you?

### Dig In!

**SPECIAL INVITE FOR YOU BELOW**

## 4 THINGS YOU NEED TO START NOW.



### 1. FOLLOW YOUR PATH

Who are you?

What is unique about being you?

The word 'authenticity' has become a buzz word and so many social definitions increasingly spring up for what authenticity should be. What it should look like, sound like or even think like.

Authenticity is not necessarily about 'standing out' or being 'different'. It is about following your own path; whatever that path is. It is about your opinions, what you really feel, your values, your ideals. Level up and be true to yourself. Don't be fixated on trends. Spend time to articulate your inner voice and learn to honour your own opinion. Permit yourself to be heard.



## 2. LIVE IN THE MOMENT

“You can't go back to how things were. How you thought they were. All you really have is...now.”

— **Jay Asher, Thirteen Reasons Why**

Living in the moment is pausing, taking in the current situation you're in but doing so as calmly as you can.

An easy way to do that is to slow yourself down by inhaling and exhaling slowly and deeply.

A bit like you're listening to your own breathing;

Saying to yourself, “Okay, I am here now. What is around me? What do I need to learn? What do I need to see? What do I need to know?

How can I be of help?

It's about embracing your options and knowing you're never stuck.

By practising presence, you accept the situation for what it is now, letting go of distractions. In essence, you are connected to reality and focusing on that particular moment.

Accept each moment as if you had chosen it. Always work with it, not against it. Make it your ally, not your adversary. It will change your entire life.



# 3. INCREASE AWARENESS OF SELF

“Without self-awareness,  
we are as babies in the cradles.”

**Virginia Woolf**

Self-awareness is a habit of paying attention to the way you think,  
sound and act. Thinking from the inside.

More precisely, it means searching for patterns in the way you choose  
to behave and see what happens; how you describe things to yourself  
and make sense of the world around you.

This means knowing your feelings and thoughts. Rather than seeking  
to stop or "fix" how we feel, we reflect and stay curious about our  
emotions, even those that are complicated and awkward.

This requires paying attention to how we want to behave and  
respond in other circumstances.

What are our default reactions to things?

What are our customs and trends?

To increase your self-awareness, pay attention to what bothers/  
interests you about other people or situations; what gets you excited/  
irritated?

A unique form of self-awareness includes being conscious of and  
mindful of the issues that matter to us per time:

Why are you here? What are you called to do at this point in your life?

What makes a rewarding life that you can be genuinely proud of?

Practice introspection. Don't be afraid to ask yourself questions.



## 4. ALLOW YOURSELF TO CHANGE

**“Embrace the growth that  
led you to become who you are today”**

We're constantly changing.

We never stay the same and that's all right. It's funny when people say, "Oh, you've changed!" and you in turn feel uncomfortable, like it is supposed to be a destructive thing.

Hey, you're the same individual, but you're growing, molding and transforming every day.

Through your life's experiences and decisions, you can either be getting closer to your best deserved, highest self or .....

The truth is that we're all never going to settle as one person in our lifetime. And that's perfectly fine.

Allow yourself to shine by recognizing your strengths..

Do not constantly hover over your weaknesses. Forget the theory that tells you to work on your weaknesses.

Focus instead on your strengths.

What you give attention to multiplies.

Evaluate your associations. Know that it is okay to grow apart.

We will evolve differently from those around us. Sometimes, this may bring us together and sometimes it may cause us to grow apart.

That's fine too. Embrace it.

Stay true to your growth. If you have the aspirations and dreams that you're working towards and you realize they're no longer as relevant as they once were... Jump ship.

That's all right, too.

Don't allow yourself to be bugged down by stereotypes and perceptions of men.

There is no one quite like you.

Accept yourself.



# WHAT WILL THIS DO FOR YOU?

Nothing good comes easy. You know that right? You'd have to put in the work. If you follow these principles, you will :



Elevate to a high level of self expression which increases your attractiveness and improves your connection with others



Begin to intentionally influence the way others perceive you and get the response you desire



Present yourself from the angle of your strengths, become a better leader, manage your emotions and influence others positively



Learn to live intentionally, with a mindset consistently focused on the essential areas of life to help you find true happiness and contentment.



Become open to embracing a new you, one that can spot new opportunities for growth and tackle challenges with great tact.



SOMETIMES WHEN  
LIFE IS IN FLUX AND  
WE HAVE *OUTGROWN*  
OUR CURRENT SELF,  
WHAT TO DO NEXT  
CAN BE HARD TO  
FIGURE OUT...

---

UNTIL *NOW!*  
**INTRODUCING...**

# MAGNETISM **10x**

It's a combined course on  
self-awareness, identity design,  
attraction and reinvention.

[6 WEEKS, VIRTUAL ONLY]

It is the only course you'll ever  
need to fully transform your  
life in one year.

---

It's personal and will teach you  
to create the life you desire.

# JOIN WAIT LIST

[CLICK HERE](#)

STARTING END OF MARCH 2022





## **WANT TO LEARN SOME MORE?**

Join my mailing list to learn carefully designed self-evolution strategies to ensure that you are able to live your best life.

The best way to discover your truth and live the life you deserve is by consciously committing to a journey of personal evolution.

There is immense strength in honesty.

It will be my utmost pleasure to help you find your authentic voice and guide you through the process of reinvention and purposeful living.

There's so much you need to know that will help you win consistently!

Come with me.

**[CLICK HERE TO JOIN  
MY MAILING LIST TODAY](#)**