

Stand On Your Strength: Using Moxie to Achieve Your Goals



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Color Your Life, LLC

Brief Bio

Dana Piscopo, a.k.a. "Miss Moxie," is the vibrant CEO of Color Your Life, LLC, a Whole-Self Sobriety and Recovery Life Coach, and a Certified Corporate Facilitator for Addiction Awareness. She is also an accomplished Sales Operations Champion, wife, confidant, and bonus mom to three kids.

Dana believes no-one should struggle with stigma or shame. People need support and empathy now more than ever. Dana understands the struggle with stigma and shame having been there herself. Knowing someone in that position, makes all the difference in someone's world.

Dana knows coaching is a true partnership. Partnering with those in the corporate arena challenged with substance abuse before it turns into addiction, and on the opposite end, coming out of treatment looking for an advocate, she helps them get back on track with her proven, trademarked program *Reclaim Your Moxie*™. She is most passionate in finding that colorful moxie through joyful connection and engaging, unique, individual-focused sessions. She also has instituted this program in her corporate role with group sessions ensuring her colleagues have ways to reclaim their moxie and become passionate about their life, work, and finding their true purpose.



Moxie

What is it? How do I get it? Did I always have it?

Strengths

What are my strengths? What are my weaknesses? Strike that word from your vocabulary right now...

Viacharacter.org for strengths survey – look at your top 5 – how do you utilize them now? Are you over or under utilizing them?

Now look at your bottom 5 STRENGTHS (notice the “w” word is rightfully missing) – Are there surprises? Are there strengths you want to move up the list?

The Plan

Now that you understand we all have Moxie, and we all have unique strengths – how do we put that together in a plan to achieve our goals?

RECLAIM YOUR MOXIE™

What is Moxie, anyway?

noun: *moxie*; noun: *moxie*

force of character, determination, or nerve.

"when you've got moxie, you need the clothes to match"



How do I get Moxie?



Have I always had Moxie?

Absolutely



FIND YOUR STRENGTHS

What are Strengths?

Viacharacter.org

Character strengths are a core and foundational part of who we are, a collection of positive individual character traits that we all possess and that are linked to our development, wellbeing, and life satisfaction (Niemi, 2013). They are our key capabilities, influencing how we think, act, and feel and representing what we value in ourselves and others.

Can Strengths be overused?

YES! If that's the case, how do we fix that? Understand how you're utilizing your strengths and discern whether you find joyfulness after using them or are perplexed with what feels like judgment.

What about my Weaknesses?

We look at our strengths as a whole. We explore those strengths that do not pop up in our top five, and we make a plan to strengthen them.



Moxie and Strengths – The Perfect Recipe

Putting It All Together

Measure where you are now with your moxie and your top strengths.

Optimize your goals. Prioritize your top 3 to start. Create your...

X-Factor plan to achieve your goals. Visualize where you want to take your life's adventure.

Implement tools and techniques for success to understand *you* are your *own* knight in shining armor.

Execute the *moxie*! The light shines from within and you are ready to take off on your new life's adventure.

