

EPISODE 1

ARE

NARCISSISTS

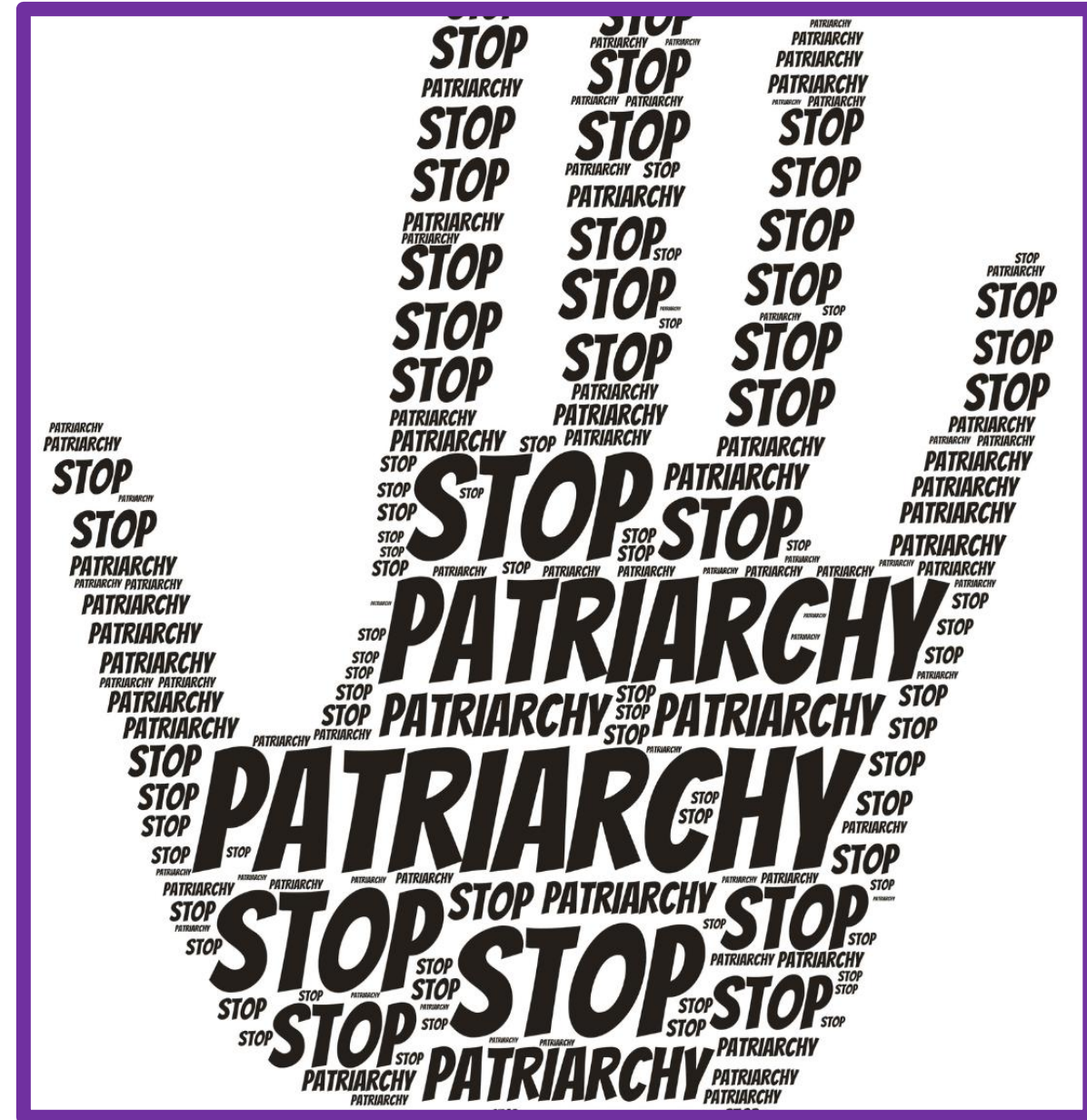
CONFIDENT?



Narcissist Definition LouiseAnneMaurice.Com

<https://www.merriam-webster.com/dictionary/narcissistic>

- extremely self-centered with an **exaggerated** sense of self-importance.
- marked by or characteristic of **excessive** admiration of or infatuation with oneself.
- a narcissistic personality **develops**.
- He was a very narcissistic man, **lack of empathy or concern** for others.
- **REALITY** – Anyone can exhibit narcissistic traits.



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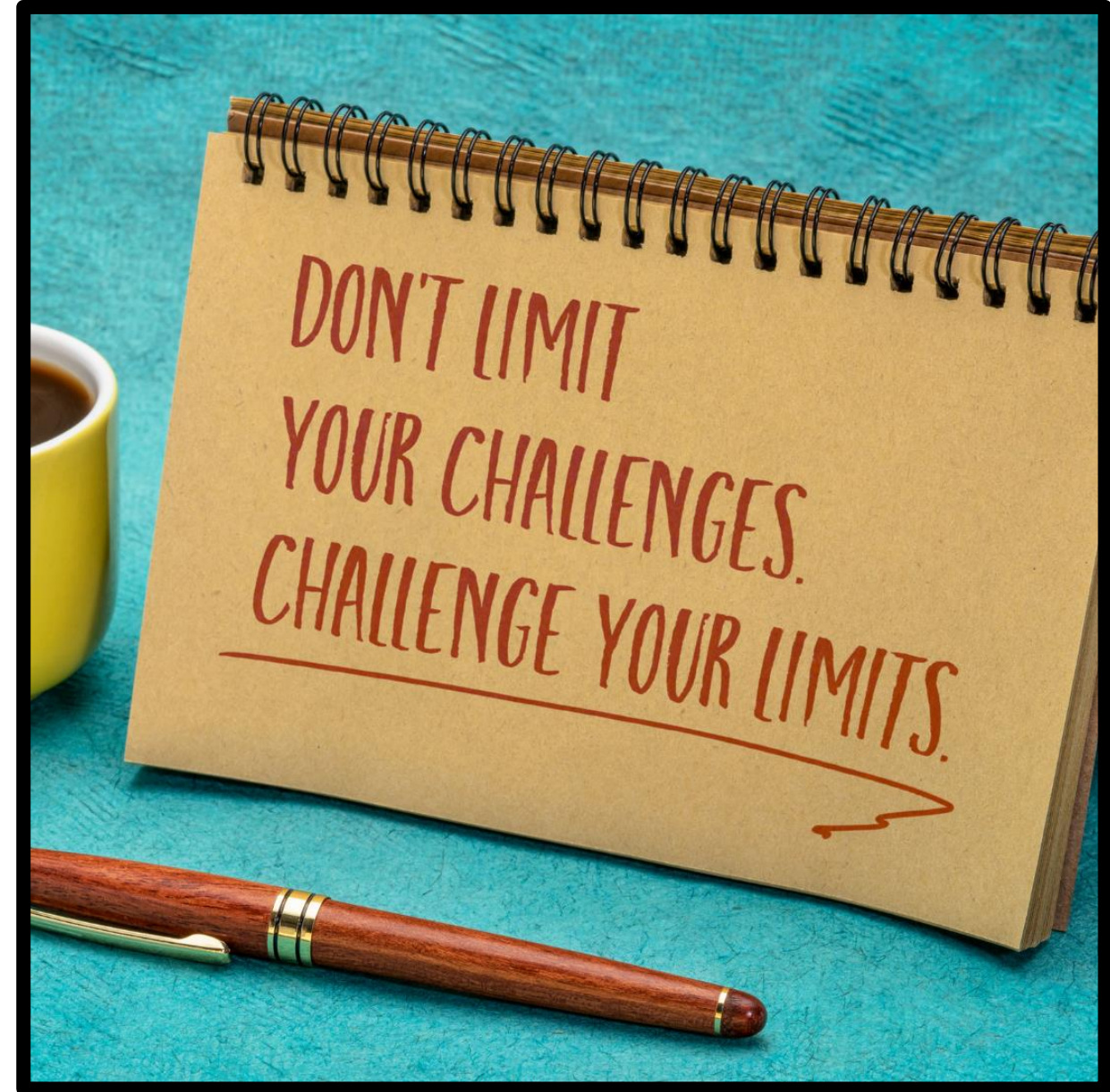
1. What are some of the [\[listen to the podcast to fill-in-the-blanks for the first 5 questions\]](#)?

2. How do you []?

3. How can you []?

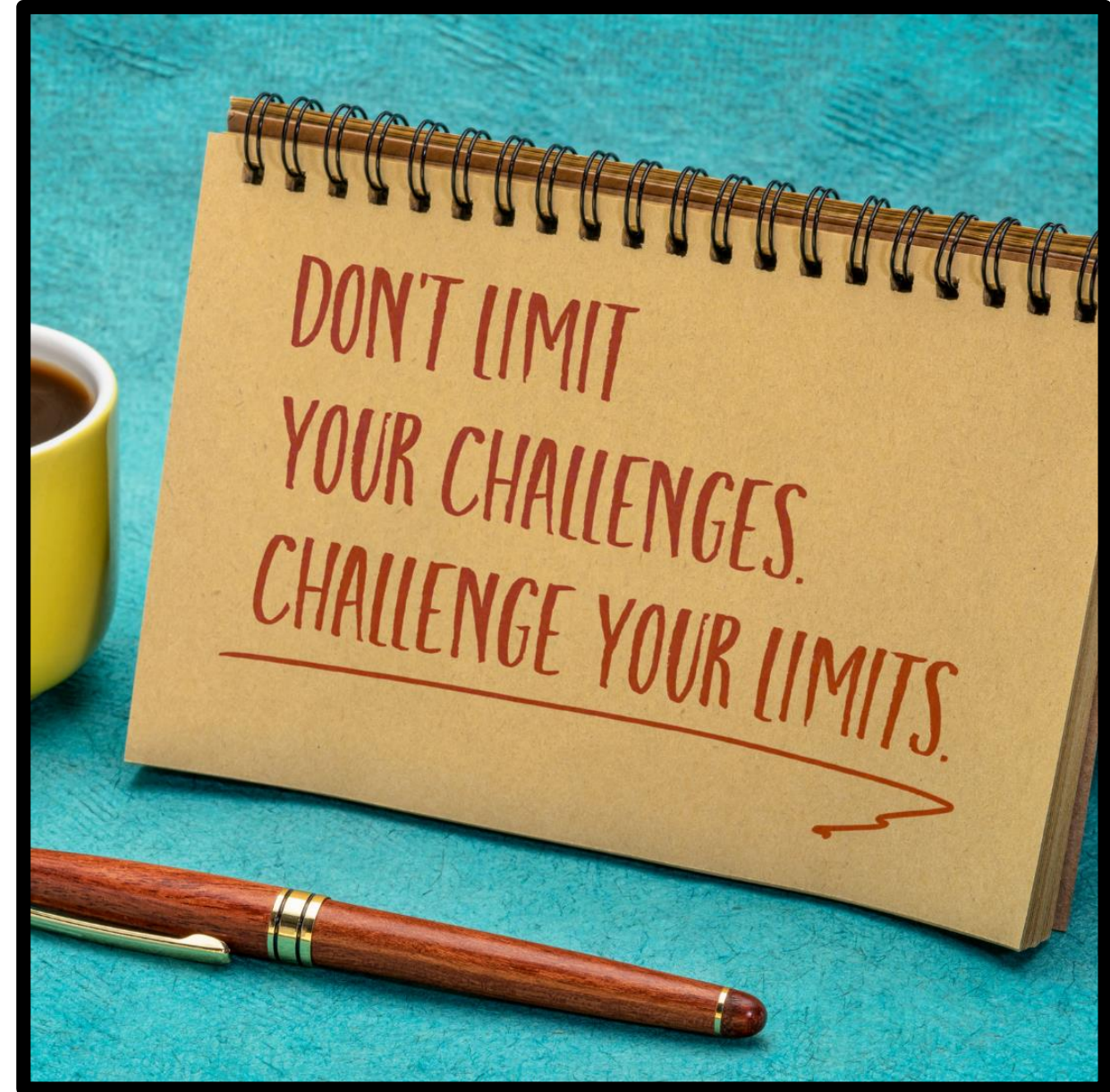
4. How do you []?

5. How do you []?



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6. **How do you show gratitude, appreciation or compassion to others?**
7. **How do you handle conflicts, disagreements or differences with others?**
8. **How do you balance your own interests and goals with those of others?**
9. **How do you deal with envy, resentment or anger towards others?**
10. **How do you find meaning, purpose or joy in your life?**



Take Empowered Meaning a step further by understanding how narcissism gets fed plus receive a full program for empowering people to stand-up to the narcissist.

Learn more about [Women Empowerment Life Coaching](#).

- “This course has been phenomenal for first my personal development!! I am now super excited to coach others because I’ve gotten a better understanding of what I was missing and/or needed to work on to become a better me! Mrs. Maurice is a great instructor!”



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Free Training

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