

## ABOUT US

**MySelf Builder Digital Workshop**® supports individuals as they work towards becoming the best version of themselves. Whether it involves developing academic or social skills, managing emotions, or strengthening organizational and self-reflection abilities, our digital workshops are designed to motivate, support, and inspire others to reach the next level.

In order to make a positive difference in the lives of others and in our communities, we must work together and provide individuals with the tools they need to construct a better future.

Darron Daniels, Jr. - Founder



## Contact Us



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**MySelf Builder  
Digital Workshop**®

Building Ourselves  
Becoming Our Best

# Let's Build Together

**MySelf Builder** is a digital coaching and mentoring service that provides support for individuals who want to develop successful habits, get an advantage, and become the best version of themselves.



## What We Do

Coaching

Mentoring

Custom digital workshops for individuals and small groups

Academic and Career Support:

- submitting work on time
- making schedules
- long-term planning

## How It Works

Book a free 15-minute introductory session and then we'll build your digital workshops. Sessions range from 25 - 50 minutes and can also be accessed through:

- Web/Video Conferencing
- Mobile
- Gaming
- Social Media

## Vision

To help individuals recognize their strengths, understand their purpose, and progress towards their destiny.







## Mission

To motivate, support, and inspire individuals to become the best version of themselves.

## Values

Achievement  
Community  
Growth  
Learning

## Builder Blocks Positive Mindset

-  Maintain a positive mindset by replacing negative thoughts with positive ones.
-  Reflect on the progress you've made and acknowledge that there's more to come.
-  Acknowledge 3 people who you are grateful to know.
-  Think about some the best compliments you've received.
-  Ignore negative comments and false information.
-  Play music, inspirational videos, or media content that makes you feel good.