

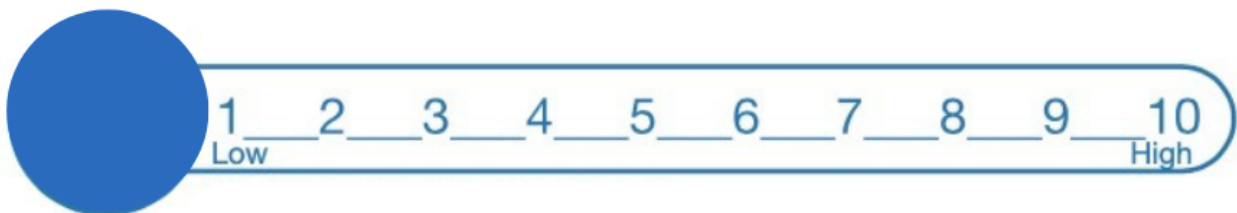
CHAMPIONING AND CELEBRATING YOU

One of the most effective ways to cultivate confidence and build a cushion of 'resilience' in facing life challenges, difficult conversations, presentations, or high pressure moments, is to become our own best friend and supporter.

However, for many people this is unfamiliar territory! To counter this, and help you create a key high performance habit, I have created a two-step process. Experience a growth in inner confidence, motivation, identity and an elevated emotional state.

First, where would you score on the barometer below?

SELF APPRECIATION BAROMETER



STEP 1 - Acknowledge Your Wins/Successes

At the end of the day write down three things you did well/achieved/ successes. Writing is helpful as it activates neural pathways that enhance retrieval, learning and helping you to see patterns.

STEP 2 - Turn the lens inwards and focus on a strength/quality/trait

Next, ask yourself what does this mean about yourself (positive). You are looking inside yourself to highlight a strength, trait or quality about yourself. Enjoy the good feeling and stay with it until you experience the warmth of self-appreciation.

EXAMPLE 1 :

'Today, I completed my first draft of chapter one of my book.'

'Yeah - this means I am disciplined and determined to do the things I say I will do.'

EXAMPLE 2:

'Today, I got up early and went to the gym, instead of sleeping in.'

'This means I do value my health and can do things even when I don't feel like it. Yeah, I am stronger than I think'