



'HOW TO FIRE ON ALL CYLINDERS AND HAVE SOME FUN DOING IT!'
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The Now and its OK:

Focus on the NOW – the past is over, the future is yet to come but the present is a gift for us to enjoy and cherish.

Try STOPPING every now and again and playing the 'its OK' game.

From the "its ok" place identify

- five things that are great about YOU
- five things that are great about YOUR LIFE

Negative self-talk and ways to manage it:

Listen to the negative self-talk that keeps popping up when you are going about your normal life and particularly when you are under any kind of stress. Those short, sharp phrases that run like stuck records through our heads and are very addictive like:

I am not good enough / I should do better / It is my fault / I must take full responsibility / I feel so guilty / Everyone is coping except me / Everyone is having a good life except me / There is something wrong with me etc...

Identifying our negative self-talk is the critical first step; we can't manage it until we have identified it!

Managing negative self-talk:

- Normalise your situation – recognise you are not alone; you are not a weirdo we all have negative self-talk. Life does feel better if you realise this!
- Develop good habits – eat, sleep and exercise in a balanced way – hardy habits are displayed by most successful people.
- Be sociable – loneliness is not constructive in keeping your life in balance. Get out there and make the effort, talking is one of the best cures to lots of issues!
- Find a neutral space – try and find someone to talk to who is not invested either personally or financially in your future – a sounding board is very useful.
- Balance, balance, balance – the more balanced your life feels the more life feels ok!

And on to success:

Barbara Stanney in “Secrets of a Six Figure Women” talks of the three key traits demonstrated by successful individuals. Can you cultivate these traits?

- Audacity: find the gumption to give something a go – take some risks!
- Resilience: find the ability to get straight up and to keep on going after a knock/disappointment/failure.
- Encouragement: surround yourself with those people who really believe, encourage and support you – we all need some championing!

And then there is front foot – front foot behaviour:

This can be very helpful in any communication (a chat over coffee, talking to your children, a business meeting even a presentation)! By putting the other person on the front foot (ie feeling positive and in control) we can be positive and confident too and a win-win situation can be created in which you can get people to co-operate or buy into your plan/ideas/wishes.

- Ensure the person you are talking to is comfortable and at ease.
- Open the conversation (and re-instate it when you can in the conversation) with a positive statement about the other person.
- Avoid statements that invite a defensive/aggressive response.
- Ensure the other person sees the positives for them in any action you want to implement.

Shifting Perspective: stuck vs. unstuck (sometimes known as fact vs. opinion):

When we are feeling stuck with absolutely no options available to us it is worth doing some ‘perspective’ work to help us see that we always have choice and that some of the “facts” that are causing our ‘stuckness’ aren’t facts at all, they are just opinions which are coming from our negative self-talk.

- Look at your perspective on any subject.
- Look at what facts are keeping you in this perspective – are they really facts or just beliefs coming from your self-talk?
- Look at what might happen if you changed some of these opinions/judgements/self-talk.
- Look at what other perspectives you could take if you do shift some of your opinions.
- Choose which perspective you would like to be in.
- Work out ways in which you can really shift into this perspective.

Remember that the most important thing is to live as much of your life as you can in the NOW and recognise when it feels OK. Life is so much richer, sweeter and more fun if we live today for today and we appreciate the good things, not just the challenges/negative stuff!