



Your Super Self!

This is a simple tool I start almost every client with, and helps build confidence and self-esteem going forward, because a wonderful way to increase self-confidence is to write about your achievements.

This gives people some tangible evidence of their accomplishments and something to refer to when they experience moments of insecurity during the coaching process and in future life.

I have seen this little tool change lives all by itself!

One client, who was feeling rather unmotivated, wrote this out and posted it by his bed so he could read his unique qualities and achievements first thing in the morning whilst he was still lying in bed. He said it gave him a boost first thing in the day!

Here's **how** to do your very own Super Self tool:

On a blank sheet of paper



- list at least **twelve** things that **make you special**
- list at least twenty **personal achievements and successes** – even if it's learning to tie your own shoes!
- list at least twenty things that you are **good at** or can **do well** – maybe including cleaning your teeth!
- list ten **exceptional qualities** or **unique** things about you
- write down at least one particularly **attractive** physical feature - even a cute pinkie toe or particularly shapely ear lobe!

Try **reading** this to yourself **out loud** every morning for a **week** !