



Life Enhancement Coaching Challenges for Self Advancement

LEARN TO OVERCOME DISCOURAGEMENT Discouragement will rob you of your power to handle situations. You can overcome discouragement with these 3 steps:

(1) CHANGE YOUR SELF TALK FROM NEGATIVE TO POSITIVE examples: " I will never be able to manage this'... to " I will give it my best and see how it goes ". OR " I can't play this sport" .. to " No one has shown me how to do this yet, but I am willing to learn" :

What has been some of your negative self talks? And what would it be changed to the positive: -

A to

B to

C..... to

(2) TAKE THE SCARINESS OUT OF THINGS... When something looks too big or too scary remember two things, by the yard it's hard, but by the inch it's a cinch ! Also, fear and excitement can feel the same inside - so it may not be fear, it may be a feeling of excitement misinterpreted as fear ! Bringing the monster down to tiny pieces that you can handle will clarify the first thing you can do. The key then is to focus only on that tiny bit. Example: -

The big Scary thing **& The first tiny piece to handle**

Get my High .School .Certificate. - Plan a balance of study, work routine that still lets me enjoy life.

What is your big scary thing, and what is the first tiny piece for you to totally focus on now?

- & -

(3) GIVE UP COMPARING YOURSELF WITH OTHERS..... Especially with those who have developed more abilities than you in certain areas where your natural aptitudes are unequal. To judge yourself compared to another is like stabbing yourself in the back or shooting yourself in the foot as the saying goes. List 6 people you have compared yourself to in the past - and as you do, realize the folly of destroying your self confidence with comparing yourself with someone else.

People I have compared myself with are :

1..... 2.....

3..... 4.....

5..... 6.....

If you use these 3 steps you can handle much more than you thought possible.

I do hope that you will experiment to see if there is something here that you can use for your own advancement. Use me every few months as a reminder to not slip back into the habit of running any comparing of yourself with others - you can still admire others for their examples of character qualities you choose to emulate in even greater ways. There are lots of other Seeds for Self Advancement and Seeds for Self Esteem and Seeds for Encouragement for those times when you are challenged ...you can freely print out these and heaps more from our web site. If you need uplifting, encouraging, inspiring or to just feel good, go to www.goodwillpeople.net

