

*Life Enhancement Coaching Challenges for Self Advancement*

**CEASE SETTING YOURSELF UP FOR FAILURE.....** What unrealistic hidden agendas do you impose on yourself ?. It seems that to compensate for where we feel less than adequate, or to have others think well of us, we will often set ourselves unrealistic standards that we then try to live up to (*and fail*) , without actually seeing what we are doing to erode our self confidence and self esteem.

Examples of hidden agendas a person may run on themselves, are, " I should be able to cope with every situation around here and still come out on top". OR " I ought to" get top marks in every class because my sister and brother did." etc. etc. etc.

Can you realize how it is unrealistic to try and live up to these sorts of hidden agendas, and how, easily you could class yourself as a failure when the trouble actually was an unrealistic standard, set in the fast place ? So...lets find what they are and dissolve their self sabotaging affects

**List the hidden agendas that you run on yourself:-**

- 1
- 2
- 3
- 4

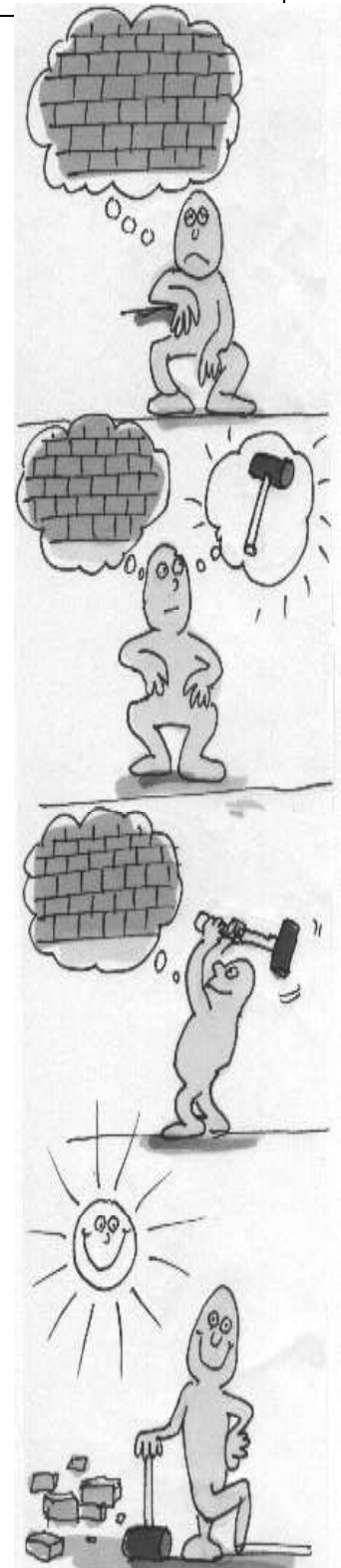
Now rephrase your hidden agendas in a way that supports you. This means to change the 'shoulds' and 'oughts' to more of a target or goal to aim for. Changing the examples to be self supporting would look like this :-

(a) It would be great to be able to cope with every situation around here, and it won't be a disaster if I don't. OR (b) It would be nice to keep up the family tradition by getting top marks in every class, however I can only do my best and that's what I will do. **Rephrase yours :-**

- 1.
- 2.
- 3.
- 4.

What about hidden agendas you run on others - are any unrealistic expectations taking the pleasure out of your relationships? List any hidden agendas you have on others and could rephrase them to improve your relationships :-

- 1.
- 2.
- 3.



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 do any self sabotage against your self confidence - you can still become your dreams and stretch past previous limits in a self nurturing way with believable ( that = achievable ) goals. 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](http://www.goodwillpeople.net)