

WHAT'S GREAT ABOUT ME

“When you stop focusing on what you think you’re not or haven’t got and shift your focus to what IS “Great About You”, a strange thing happens - you ‘see’ what you thought you weren’t or hadn’t got” Julie Kerr

When previous client’s have completed this exercise, most have been moved to tears by how others see them and who they truly are.

So, let’s get started!

FIRST: Title a blank piece of paper with ‘What Is Great About Me?’ Starting your sentences with I AM, list

- *Your top 5 Strengths*
- *At least 5 things that make you special.*
- *5 of your most unique qualities or unique things about you*
- *Write down any compliments that you’ve received about yourself and your abilities. Yes, even the ones that you’ve disbelieved, ignored or trashed with negative self talk.*
- *Write down at least one of your particularly attractive features.*

TIP: Thinking about your personal achievements and successes and what you are good at or can do well, is an excellent place to look for your unique qualities, positive aspects, strengths and skills.

NEXT: Email at least 10 friends or family member asking the following questions

- *What are my strengths?*
- *What makes me unique?*
- *What do you value/like about me?*
- *What can people count on me for?*
- *What is it that is really great about me, that I don’t see?*

When you receive their replies, look over what your friends and

family have written...

- Are any of their answers; *your unique qualities, strengths and positive aspects reflected in the list that you wrote about yourself? If not, go and add them in!*

THEN: Add to your list, the qualities and attributes that you'd love to have and those you admire in others, along with any emotions you'd love to have on a more consistent basis.

Now, put this list where you can see it and read it on a daily basis – preferably 'Out Loud' and with some feeling 😊 because *the more emotion you put into it, the quicker it embeds in your unconscious.*

You see all that negative stuff that you currently say about yourself was embedded in the same way, through the simple act of Repetition.

For sure, reading your list out loud will feel a bit odd or uncomfortable to start with but persevere and you will reap the reward.

And Now For The Icing On The Cake...

BECAUSE "*When we amplify the best within us, we can achieve something miraculous*" Brendon Bruchard

Copy your list so you can cut out each of the attributes, strengths, qualities and emotions you also wish to express, so they form little 'cards' and place the 'cards' in a jar or box.

Each day pull out a card and commit to...

1. Demonstrating that attribute, quality, emotion in your day.
2. Looking for it in your environment.
3. Looking for it in others.

Because what you focus on expands. **What you focus on** (think about) **you become**.

When you find yourself *not being* your attribute, quality or emotion, which you will, (so know nothing is 'wrong') SHIFT your focus back onto demonstrating 'it' or looking for 'it'.

Simple use the awareness of not being 'it' as a "Red Flag" to shift back into *being* 'it'

I used to have a card that read...

"Today I commit to being _____ no matter what life throws at me", as a reminder.

When you do this, you'll be amazed at how fulfilled and happy you start to feel and how enriched your life becomes.

Here are some 'reminders' for you...

"Today I commit to being _____ no matter what life throws at me".

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"Today I commit to being _____ no matter what life throws at me".

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"Today I commit to being _____ no matter what life throws at me".