

SELF MASTERY

Excellence is a willingness to reach outside our present level of proficiency. There's no better place to put that energy than into increasing self awareness.

1. Think of 'walking through a door (into a meeting , cafe, your teenager's room) ' as if it was an airport scanner Check in with 3 emotion labels for how you are feeling.
2. Ask yourself, if the sound was turned down on my voice and what am I saying, what does my body language and non verbal communication say?
3. What are your earliest signs of being defensive? Instead of shitting people off, use the opportunity to do the opposite and say "Tell me more about that?"
4. Ask for feedback. "What's the first sign you see from me that tells you I'm stressed?"
5. Think of a time in a past relationship, a difficult client, or a disappointment at work you didn't manage well. Sit with the discomfort as compassionately as you can. Contemplate the point in the mental 'video clip' at which you'd rewind to and ask how you'd do it differently.
6. Lastly, take a mental transcript of your thought processes at any given time in a day. Colour code them as green (helpful to the situation), amber (helpful to a degree) or red (unhelpful)