

## Your Super Self!

This is a simple tool that helps build confidence and self-esteem going forward. 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!