

## CORE BELIEFS Self-assessment

Enter score (1 to 5) to indicate where you are right now.

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1 Low power/control/value	Score 1 - 5	5 High power/control/value
Have low aspirations, vague goals if any, avoid		Commit to clear and challenging goals, sustain
committing to things and lack resilience		commitment and effort when things go wrong
Perceive tasks as threatening and collapse or blame		Approach tasks as positive challenges to be
others when things go wrong		overcome and take ownership of errors
Avoid taking ownership and perceive personal		Willingly take accountability for behaviour, choices
accountability as being blamed		and outcomes
Focus on self not the task, dwell on personal		Focus on the task, not yourself, and create flexible
weaknesses and lack solution focus		solutions to achieve the ultimate goal
Attribute failure to lack of capability and perceive		Heighten effort in face of setbacks, willingly seek
seeking support as a weakness		assistance and training to achieve result
Fail to build quality relationships and engage in		Build quality and lasting relationships that support
behaviours that undermine mental health		goal achievement and mental health
Have a high susceptible to stress, anxiety and		Low vulnerability to stress, anxiety and depression
depression and get stuck in negative cycle		and take action to reduce tension
Fail to challenge blocks to achievement,		Give opinion and have difficult conversations if
compensate by moaning and blaming others		required to move things towards outcome

**Make a change: Build your own self-beliefs!** Raising your levels of power, control and value will have an immediate and significant impact on your behaviours and relationships. Acknowledgement of success and contribution needs to become acceptable, comfortable and then habitual for you and the groups you live and work in.

'Thank you' and acknowledge. If someone pays you a compliment say 'thank you' and ensure that you acknowledge on the inside that this is good news for you and about you. Whenever you do this, you add to your sense of self-efficacy and self-esteem. This does not make you arrogant, it makes you more comfortable with yourself and there's a HUGE difference! Do not underestimate the need for and power of this simple behaviour. We teach it to all our coaching clients, from CEOs to kids to world-class athletes. This is an example of controlling "thought and talk".

**Be comfortable with achievement.** When you achieve something, or perform well, <u>always</u> recognise and acknowledge this to yourself. This is an internal acknowledgement and so it will not be perceived by others as arrogant. To get yourself started, you may need to 'pretend' you are comfortable with acknowledging success until you get used to it! Be disciplined about this new behaviour until it becomes habitual. It will make a HUGE difference to your feelings of power, control and value.

## Try this - homework!

Before the end of today, pay <u>genuine</u> compliments to three people: one person you know well, an acquaintance and one person you do not know at all.

Notice their reactions. How did you feel about doing this and how did you feel once you had done it?