

10 TIPS TO EMPOWER AND INSPIRE YOU TO

THRIVE

empower **me**



Tip #1

YOU HAVE CONTROL OVER YOUR THOUGHTS

“A Great Day starts with a Great Mindset’

It's up to you to choose to accept or decline any of your thoughts.

So, if you are thinking negative thoughts this process may help;

- Write down what the thought is
- Turn it into a positive thought by thinking how it could be written differently so it becomes positive
- Example - 'I feel so tired today and don't have the energy to even get out of bed'. This would become - 'I feel so energized and am looking forward to starting my day'.

There is a science behind this ... your mind can't tell the difference between what is real and what's not, therefore whatever you tell it, it will believe!

This is the reason athletes visualize their perfect race before they compete.



Book Recommendations

The Winners Bible by Kerry Spackman a NZ Neuroscientist.

The Art of Living by Bob Proctor a world-renowned personal development coach



Tip #2

CREATE A VISION BOARD

A vision board makes you feel good when you look at it because it captures all the things that you love about your life.

So, to help you get into a positive frame of mind, create your own vision board that you can look at every day.

You can do this either digitally so it's on your phone or device, or manually by cutting out images and creating a big poster for your wall. Put it somewhere where you can see it. The important part – you need to look at it first thing in the morning and last thing at night.

How do you create a vision board? Use pictures and images of anything you want that makes you feel good. The following will help:

- Places that you love to visit
- Places that you would like to visit
- People that you love having in your life
- Activities that you love doing
- Your pets
- Your favourite things that you love having around you
- Favourite quotes
- Anything else that makes you feel good

If you choose to make a digital one you may even like to turn it into a video and put your favourite music to it.

Have fun with your personal vision board!



Tip #3

CREATE YOUR TRIBE

Who do you call when you need advice or are going through something challenging and need help?

I have a list of 5 people who are part of 'my tribe' that I phone if I'm stuck with something or need help.

The important thing here is that they need to be **people that you can trust** and they need to be

people that will tell you what you **need to hear** not what you want to hear.

Make a list of a minimum of 3 people that you know will be there to help when you need them. Save their names in your phone under your notes as a quick reference so you can find them easily.



Tip #4

SURROUND YOURSELF WITH POSITIVE PEOPLE

You are the sum of the five people you spend the most time with so choose them wisely!

Have a think about the people that really inspire you, or encourage you, or who are generally great humans ... these are the people you need to surround yourself with. These people have a massive influence on how you behave and how you feel.

Here's a great exercise ... go through your texts on your mobile phone and look at the last 10 texts. Do these people fan your flame or put it out? In other

words, do they support you or are they negative and critical towards you?

Decide if you still want them in your circle of friends or not. If you don't then all you need to do is just stop socializing and talking to them, you don't need to tell them that you no longer want to be their friend.

This will really make you think about who you spend your time with and the impact these people can have on your life.



Tip #5

HOW YOU RESPOND TO THINGS DETERMINES THE OUTCOME

Here is a formula that will help you remember this ...

$$E + R = O$$

The **E**vent or whatever happens to you + how you **R**ESPOND (not react) = the **O**utcome

Be **aware** of how you respond to things and then you will be able to think before you respond.

A positive response will generally mean the outcome is positive.

Think about times when you have responded negatively in the past and what the outcome was.

This tip is especially useful for parents when

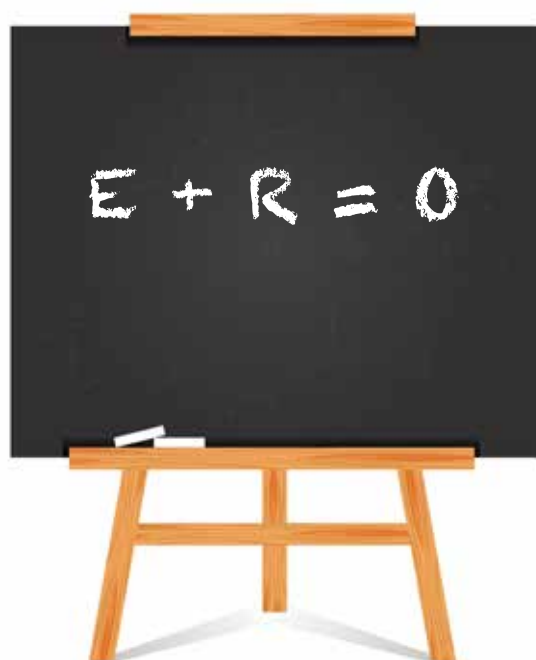
raising children. The tone of your voice and how you respond when they do something wrong has a huge impact on what the outcome will be.

This formula was created by Jack Canfield another great personal development coach who also wrote *The Secret* about the law of attraction.



Book Recommendation

The Success Principles by Jack Canfield



Tip #6

WHAT OTHER PEOPLE SAY ABOUT YOU IS NONE OF YOUR BUSINESS ...

If someone tells you that you are not good at what you do, or too skinny, or too fat, or whatever – that is their business and only their opinion – it doesn't mean that you need to believe this!!!

This links back to Tip #1 – you have control over your thoughts so if someone tells you something bad about yourself, **you do not need to believe this – it is only their opinion.** You don't even need to respond to them.

Be aware of how you respond physically when someone is negative towards you – you will notice your body tenses up and you might start to get hot – slow yourself down by taking a deep breath and try and relax yourself before responding if you do choose to respond.

Once you master this you will be so proud of yourself! You are the only person in control of your thoughts and beliefs ... it's your choice what you choose to believe, so choose wisely.



Tip #7

LEARN TO ASK FOR HELP

A lot of people struggle with this so here's the thing ... if your best friend came to you and was going through something big, and asked for help, would you help them? Of course you would! So, remember this when you need help.

The reason most people don't ask for help is because they are scared. Scared of what that person might think, and they may also fear the consequences if they have done something wrong.

But you must have the courage to ask for help. Learn to **live without fear and live with courage instead**

which means you need to learn how to have the tough conversations.

Contact one of your 'tribe' and they will be able to put whatever it is that you are going through, into perspective for you, and provide support.



Book Recommendation -

Unleashing your Greatness by David Galbraith. DG is a Sports Psychologist for HPSNZ and is big on living life with courage.



Tip #8

YOU DON'T HAVE TO PLEASE EVERYBODY!

If you are the type of person who doesn't know how to say no ... then learn that it is OK to say no.

It takes a lot of energy to please everyone and often that means you are neglecting those that are close to you.

Stop, take a step back, and think about whether it really matters if you say no to them?

Here is a very useful excerpt from the book I have recommended below.

There may be certain areas of your life where it's easy to behave according to your values, and there may be other areas where you find yourself worrying about pleasing people. Be aware of the warning signs and work on trying to live a life that lines up with your beliefs, not one that will make the most people happy.

What's helpful ...

- Identifying your values and behaving according to them
- Being aware of your emotions before deciding whether to say yes to someone's request
- Saying no when you don't want to do something
- Practicing tolerating uncomfortable emotions associated with conflict and confrontation
- Behaving assertively even when speaking up may not be well received



Book Recommendation

13 Things Mentally Strong People Don't Do
by Amy Morin



Tip #9

THINK BEFORE YOU SPEAK

If you're an extrovert like me, you may struggle with this one as we (extroverts) talk to think. An introvert will be very good at this as they spend time to think before they speak.

Before you speak, T.H.I.N.K. and ask these simple questions:

T – is it True?

H – is it Helpful?

I – is it Inspiring?

N – is it Necessary?

K – is it Kind?

Using this guideline does not preclude you from having tough conversations with anyone. It is a great guideline to help with those tough conversations.

So even if you feel angry or hurt, stop and T.H.I.N.K. before you respond.

This is not there to stop you from speaking about what you are passionate about. It is a guide to determine whether you should be saying what you are wanting to say or not.



Tip #10

MAKE SOMEONE'S DAY - LEARN HOW TO GIVE AND TO BE GRATEFUL

To give unconditionally is a wonderful thing to do. It can be the smallest of things that you give, it doesn't have to be big. There are many ways you can give;

- Volunteer for anything – give your time to someone else who needs it i.e. supermarket, old persons home, sports club, event, not-for-profit organisation
- Do an act of kindness for someone who needs it i.e. I was behind a girl at the petrol station one day and she didn't have enough money to pay for her petrol because her pay hadn't gone through. She had already filled up her car and was very embarrassed. It was only \$20 so I offered to pay for it for her. It made her day.
- Shout someone a coffee instead of waiting for them to shout you.
- Offer to carry someones bags from the supermarket if you can see they are struggling.
- Give a smile to someone who looks like they need it.

I call this 'making someone's day'.

Learn to be grateful ...

The best way to be grateful is as soon as you wake up in the morning and before you go to sleep at night, write down three things that you are grateful for. Once again they can be the smallest or most simple things like 'I am grateful that I have a home

and a roof over my head', 'I am grateful that I got to exercise today', 'I am grateful that I have a mobile phone so I can stay connected'. Whatever it is write it down.

The science behind this is as soon as you go into 'grateful mode' your energy frequency changes, and you start attracting positive things. If you are in a negative frame of mind, or feeling ungrateful, you will attract negative things.

Both Jack Canfield and Bob Proctor talk about the law of attraction and being grateful in their books.



✦ Bonus tip

TRUST YOUR INTUITION OR YOUR 'GUT FEELING'!

That feeling you get in your stomach when something is wrong or when you don't have a good feeling about something or equally when you have a good feeling about something – it's usually 100% accurate.

Your intuition is your body's own internal GPS that helps guide you through life so listen to what it is telling you.

Whenever you need to make a decision, use the logic from your brain, the feelings in your heart and the intuition from your gut. These three things together will help you make the right decision.

You may have heard this saying 'follow your heart but take your head with you'. I would add to that 'follow your heart but take your head and your gut with you'.

