

How to Self-Coach Step 1



- 1. First of all get in touch with how you currently feel.**
- 2. Now turn around and take a step back...and back.....and back..... breathing out completely as you go, remembering it is the out breath that stimulates the relaxation response.**
- 3. When you are sufficiently far away from the first ‘you’, stop to look at them. What do you notice about that ‘you’ over there? What is their body posture like? What are they saying to themselves in their heads? What is going on for them? What story are they telling themselves? What do you learn from observing that ‘you’ over there, from this position here?**
- 4. Now take one more step back (or forwards) into your Wise Self/ Higher Self/ coach/motivator/best friend/guru. It’s a good idea to have decided a few set sentences that you always say when you arrive here – so that you don’t have to think of what to say. Things like ‘Well done!’ ‘You are amazing!’ ‘I’m so proud of you!’ ‘Look at what you have already done’, ‘I know you can sort this’, ‘I love you’, ‘You are perfect just the way you are.’ Then be an inspiration for the first ‘you’.**
- 5. Step into the first ‘you’ and feel how it feels to listen to those words. Imagine you are hearing your Wise Self say them to you again. You will probably feel quite different already.**

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