



John Kenny
John Kenny Coaching

Your Positive Self

This is a simple tool I start almost every client with, and helps build confidence and self-esteem going forward, because a wonderful way to increase self-confidence is to write about your achievements.

This gives people some tangible evidence of their accomplishments and something to refer to when they experience moments of insecurity during the coaching process and in future life.

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 **five** things that **make you special**
- at least **ten personal achievements and successes** – even if it was learning how to brush you own teeth!
- at least **ten** things that you are **good at** or can **do well** - again can be very simple or quite complex.
- **five exceptional qualities** or **unique** things about you

Lastly write down at least one particularly **attractive physical feature** about you – even if it is you have neat eyebrows or nicely shaped fingers.

Then **read** these to yourself **out loud** in a mirror every morning and evening for a **week!**