


# Day 10

Where to Start with  
the Most Common  
Challenges



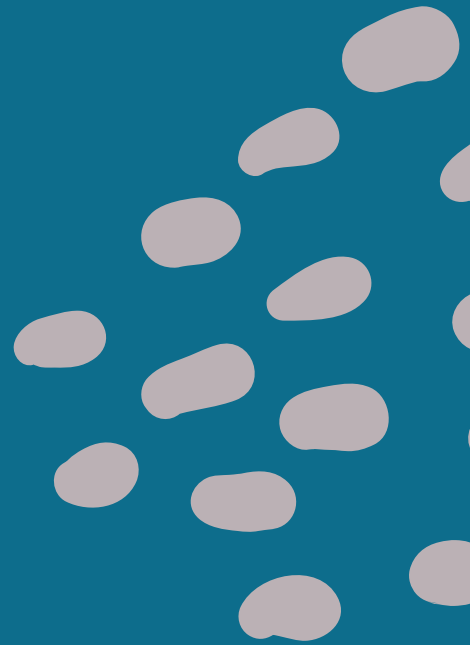
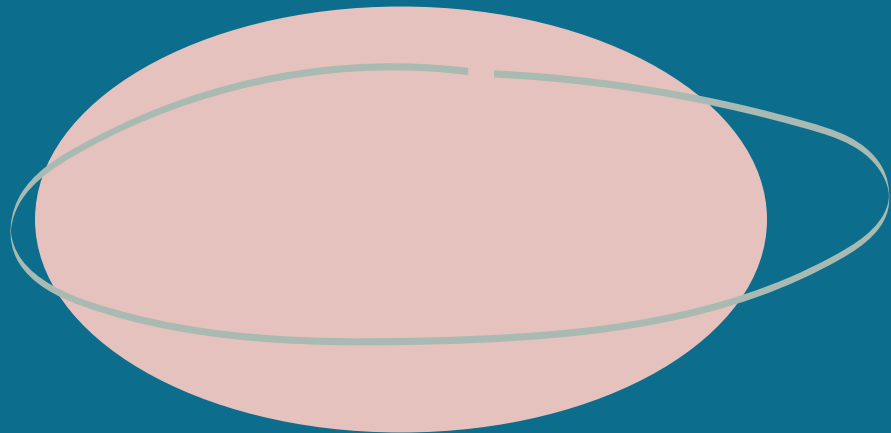
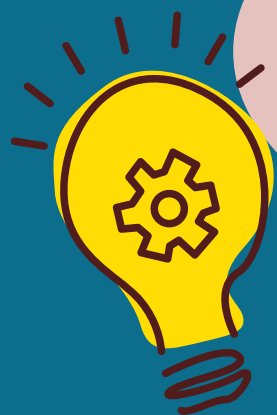
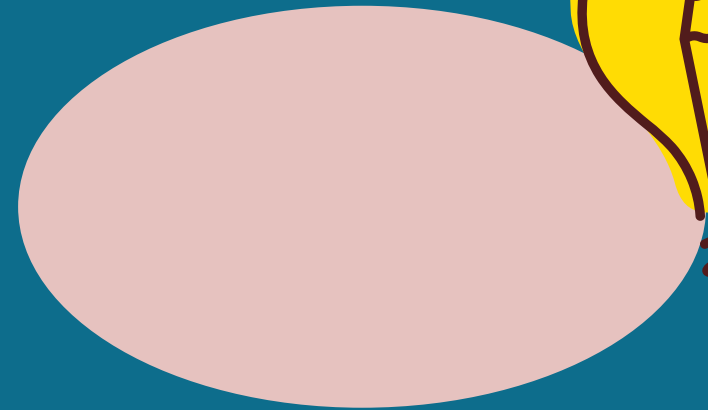


*I don't have enough  
TIME for self-  
coaching!*

*Set Regular Time*

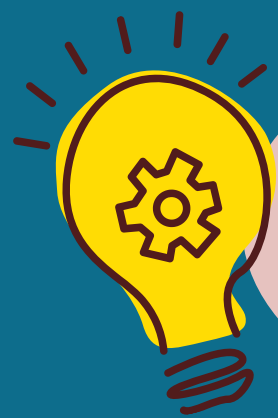
Decide when you're most likely to stick to a regular **time slot** - first thing in the morning? Straight after kids bedtime? On the way to work? Decide a regular, set time, try it for a few weeks, then tweak as needed.

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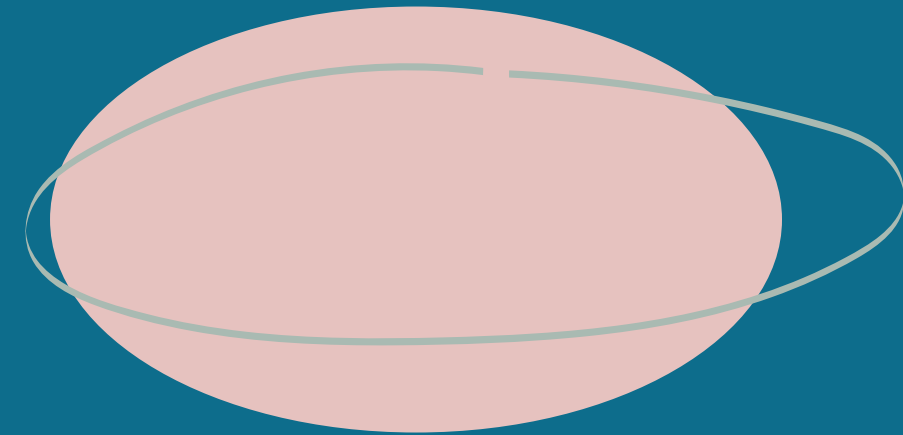
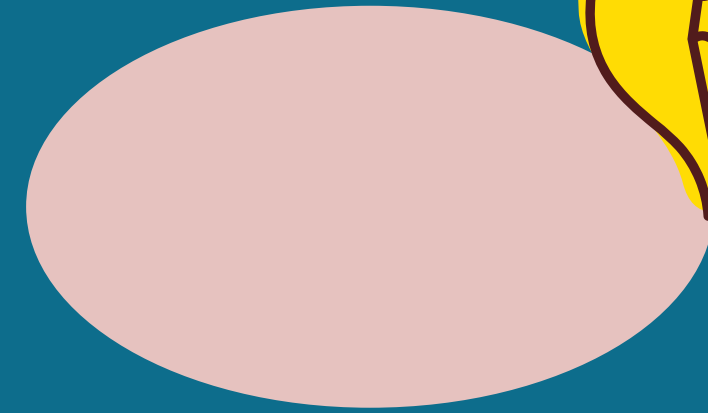
But **HOW**?? Decide when you're most likely to stick to a regular **time slot** - first thing in the morning? Straight after bedtime? On the way to work? Decide a regular, set time, try it for a few weeks, then tweak as needed.



Be Selfish!

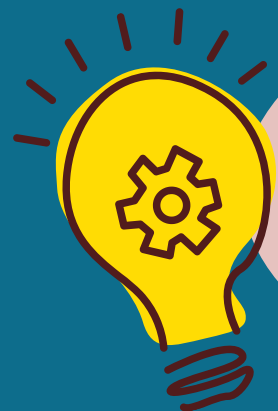
**Tell** people - your colleagues/ people you live with that this is 'me time'

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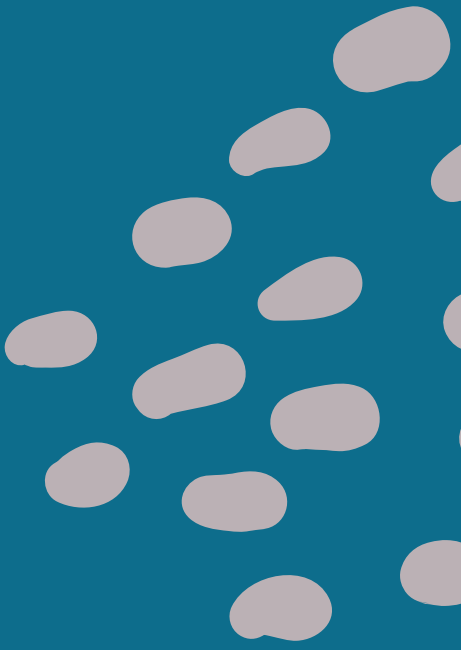
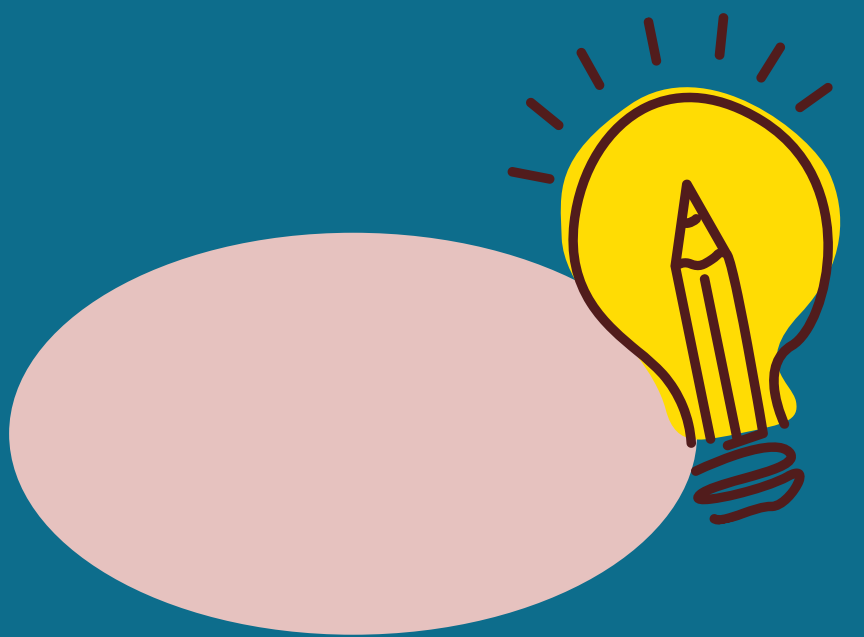
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"See" Time

**Block out** time in your diary and **colour code** it - either with a highlighter on a paper diary, or colour the diary on your smart phone. **When you see this colour** your brain will know **it's self-coaching time!**



*Set Regular Time*

But **HOW??** Decide when you're most likely to stick to a regular **time slot** - first thing in the morning? Straight after bedtime? On the way to work? Decide a regular, set time, try it for a few weeks, then tweak as needed.

*Say No!*

Prioritise your self-coaching time. View it as a non-negotiable, fixed calendar event (as you would a business meeting or a medical appointment)

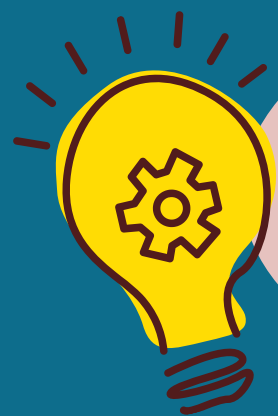
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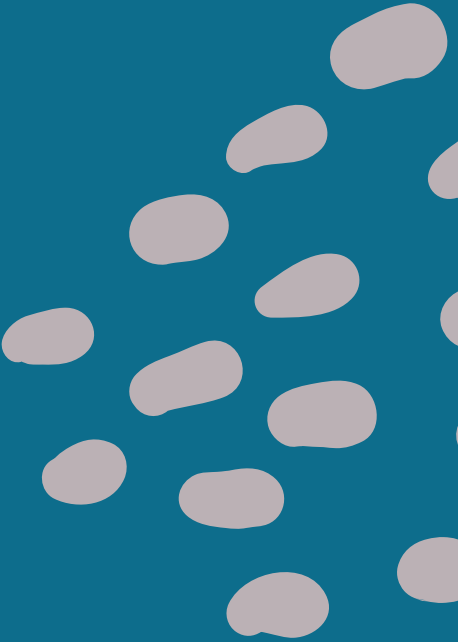
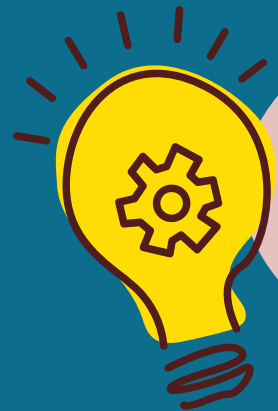
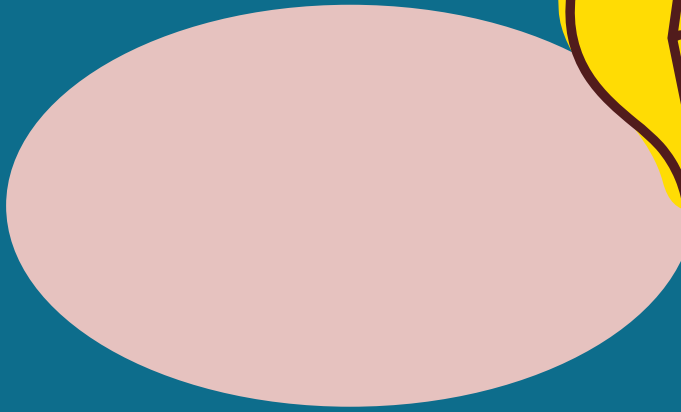


*I never have the  
MOTIVATION to keep  
going/ be consistent!*

Rewards

Reward yourself! When you've achieved something, give yourself a treat/ reward to say well done me!

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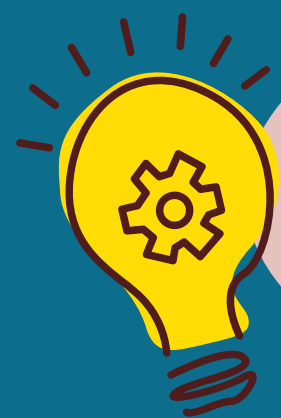




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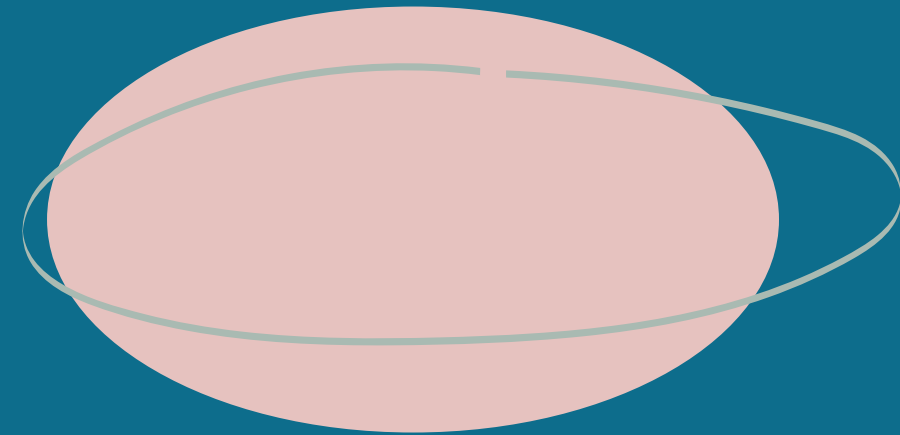
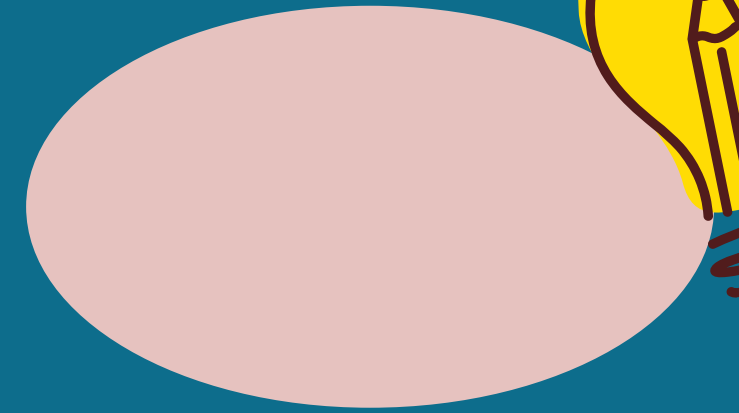
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Accountability

It's well documented that if we feel accountable, we're more like to do something. So join a **GROUP COACHING** session, ask someone you trust to hold you accountable, find another member and be **ACCOUNTABILITY PARTNERS**.



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This is KEY. The reason you're here at Start The Ripples. The reason you're on this journey. Write it down somewhere so you can see it - I have mine next to my bed.

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When/ Where are you at your best?



**What time of day** are you at your best? Morning? Evening? Afternoon?

**Where are you at your best?** Home? Office? Coffee shop?

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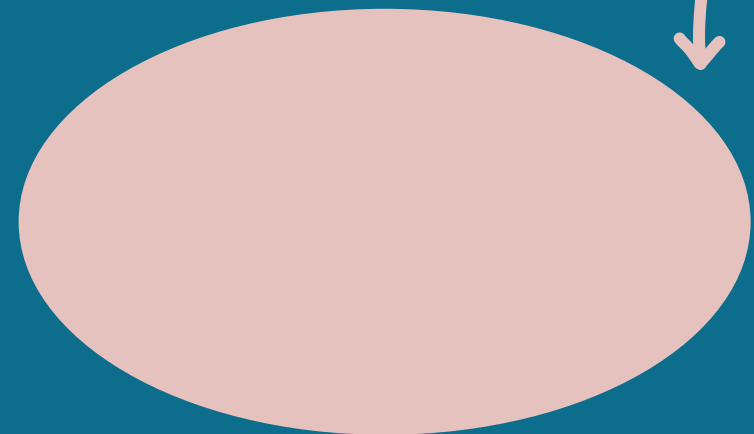
Check Your  
Self Talk

Your brain can be tricked, it's science. It only knows the reality that we show it or tell it. Which is why visualisation works. And our self talk is so important.

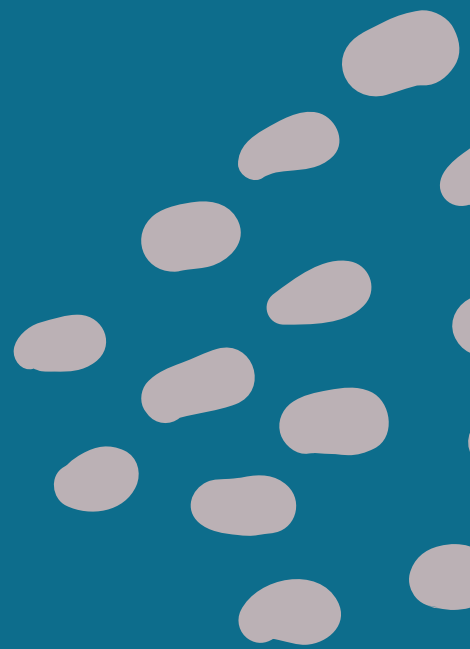
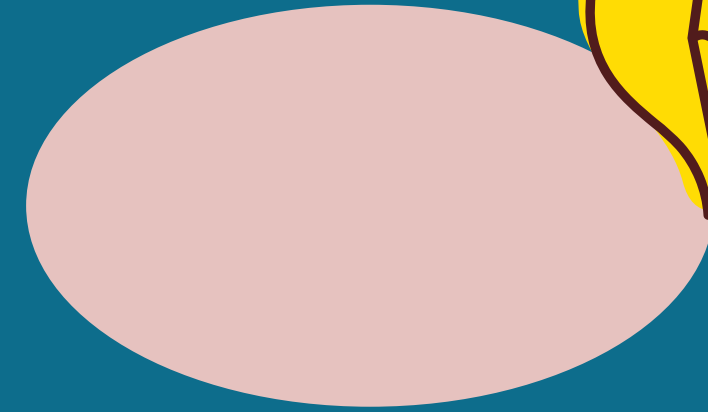
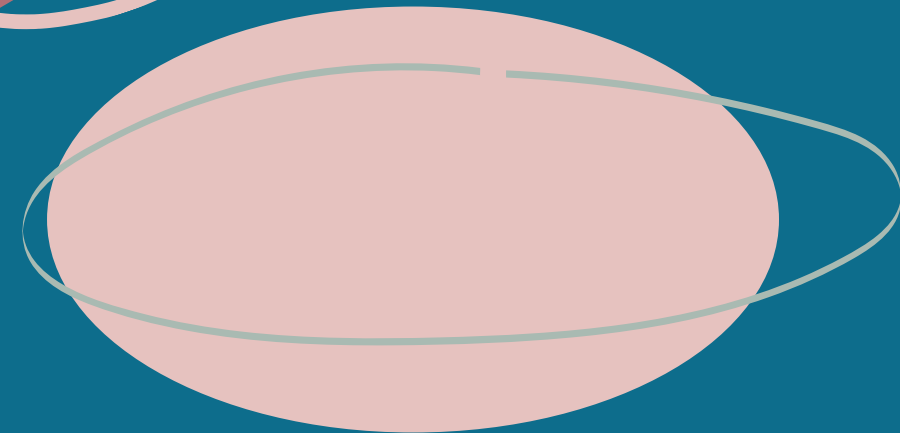
"I CAN do this".

"I AM ready for change".

"It's the RIGHT time".



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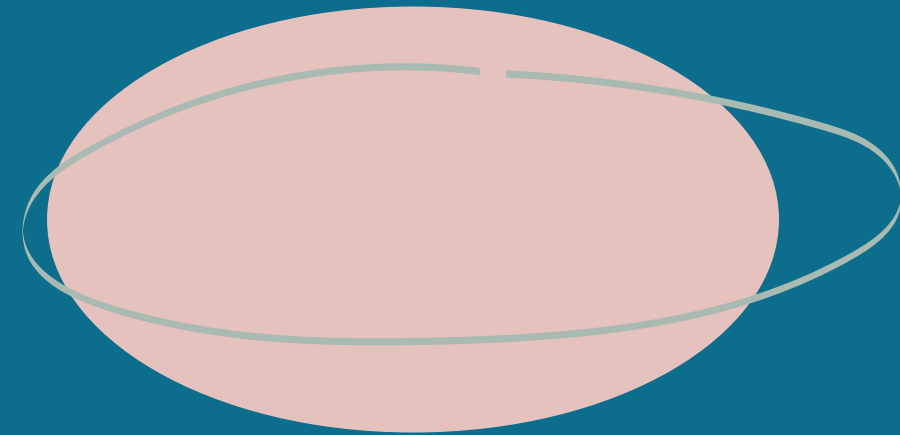
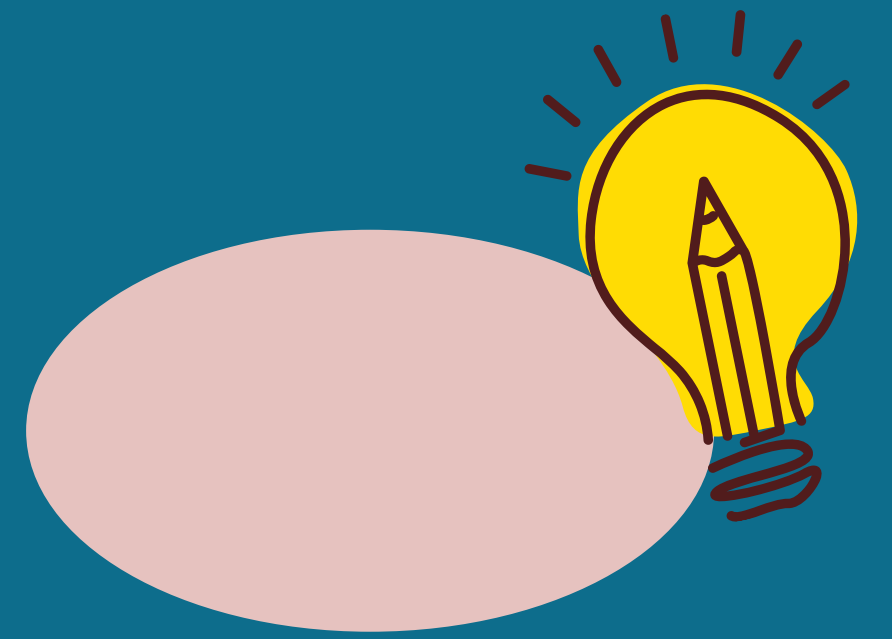
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*Pick a Path*

Just make a decision. Pick a path. You can always change it. But get started.

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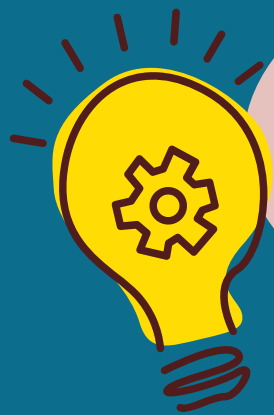
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Results

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*I CAN'T do this, I'm NOT READY to change, it's THE WRONG TIME*

*Fake it Til you Make it*



Tell yourself you can, you're ready and it's the right time, until you believe it.

*Track Your Results*

Consciously track your results. Even small steps/ achievements will make you realise you CAN, you're READY, it's the RIGHT TIME



# You're already at Day 10 of the "14 Day Welcome to Mastery Plan"

Just by being here you're proving to  
yourself:

- you DO HAVE TIME!
- you ARE READY!
- YOU CAN do this!
- you can be MOTIVATED and  
CONSISTENT!

Now reward yourself :-)

