

Building Momentum and Confidence

One of the key impediments to your success will be going, going, going without taking a time out. You will not achieve any more in eight hours' worth of work than you can in one. So how do you maximize your time and build momentum, so you feel you are making progress?

Believe it or not, by taking a step back and simply letting go in this moment. Here's a daily habit of successful leaders – they implement the following into their daily evening routine. This is their daily mindset ritual which should be treated as not something you have *do*, but rather as someone you are being – a state of appreciation and intention.

This simple exercise will help you remain **present** to the things around you by observing, noticing and appreciating everyday surroundings. You can start on a nightly basis by taking a moment to mentally list 3 things you are grateful for this week. This can be a cup of tea you had with an old friend, a phone call or simply taking time for yourself in a self-care state of mind. Include anything that happened at work as well: a meeting you led which went well, a presentation, an email from your manager or a high-five from a colleague. You can jot these down mentally or write them down in a journal so that during periods of low energy, you can go back and read all of the uplifting things that you received over time.

- 1.
- 2.
- 3.

Another way which may work better is to weave appreciation in throughout your day mentally nodding to something you have focused on and asking – *please give me **more** of this experience*.

Lastly, before your day starts tomorrow, please list 3 things you will work on tomorrow to get you closer to your goals. Complete this daily so you are clear on what your day looks like and are committed to each of them. These are your non-negotiables and what we will lovingly hold you accountable for. 😊

- 1.
- 2.
- 3.