

Change your focus...a continuation

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Disappointment comes from unfulfilled expectations:

- Expectations others have of us
- Expectations we have of others *
- Expectations we have of ourselves

* The way you believe about and treat yourself sets the standard for others on how you demand to be treated. People learn how to treat you based on what you accept from them." Margarita Tartakovsky

Counterproductive beliefs:

- 1) I must have everyone's support, approval, liking, or respect.
- 2) I must be unfailingly competent and almost perfect in everything I do because I base my self-worth on my achievements.
- 3) People, including me, deserve to be blamed and punished for their mistakes or wrongdoing.
- 4) It's awful when things or people aren't the way I want them to be.
- 5) I have little control over my unhappiness or any other emotional disturbances. It's all caused by other people or events. If only they would change, everything would be all right.
- 6) If there's a possibility that something bad or dangerous could happen, I have to worry about it.
- 7) It's easier to avoid life's difficulties and responsibilities by putting them off than it is to face them.
- 8) I need someone stronger than myself to rely on.
- 9) Since I am the product of my past, there is little I can do to change myself.
- 10) There is a perfect solution to every problem, I must always have it and be in control.

“To ensure a balance between work and life: What matters most must never be at the mercy of what matters least.” Doug Conant

Coaching ourselves is knowing what we want, knowing what we know, getting input from others, listening and adjusting our approach with the new information.

My strengths include:

Create a realistic plan:

- 1) Express what you want in terms of specific events or behaviors.
- 2) Express what you want in terms that can be measured.
- 3) Assign a time line for your objective in small steps (d/w/m).
- 4) Plan and write a program strategy that will get you to your objective.
- 5) Create accountability for yourself and your program/plan.

Increase your personal power:

- 1) Be grateful.
- 2) Let “it” go.

- 3) Avoid comparisons.
- 4) Remember, not all that goes wrong in the world is your fault.
- 5) "To ensure a balance between work and life: What matters most must never be at the mercy of what matters least." Doug Conant
- 6) "What screws us up most in life is the picture in our head of how it is supposed to be." Author unknown
- 7) If you're going to assume, assume you'll find a way.
- 8) Replace "If only" with "Next time."
- 9) Exercise your mind.
- 10) Let yourself see the world in a different way.
- 11) Keep your priorities straight.
- 12) Talk to yourself with supportive words.
- 13) Think about what you want, not what you don't want.
- 14) Create new habits.
- 15) Pay attention to what you pay attention to.
- 16) Try a new method.
- 17) Rethink your to-do list.
- 18) Be realistic.
- 19) Ask for input – then evaluate what works for you.
- 20) Always remember that you are as valuable as anyone else.