

Get Out of Your Own Way: Beat Your Mental Monkeys with Neuro-Linguistic Programming

Are you afraid to take that big step and move forward? Do you have worries and insecurities that are stopping you from reaching new heights?

Everyone experiences imposter syndrome. And that's okay — it's normal. Remember, the only one getting in your way is you. Despite your disempowering thoughts, you can be successful. But first, you need to take action and change the way your brain thinks.

This episode will tackle how you can retrain your brain, live a life with purpose and influence others. You'll learn to create pattern interrupts every time the little voice in your head bombards you with negativity. You can replace unhealthy thoughts with good ones. Furthermore, you'll understand the power of effective communication and giving value if you want to influence others.

Want to know more about how you can improve yourself and influence others? Then, this episode and activity are for you. Learn practical strategies to go for what you want and make a significant impact in the process!

QUOTE TO REMEMBER

'The only one that can get in our own way is us. We can allow others to get in our way but it's still up to us, it's still our decision.'

Activity: How to Influence Others

Before listening to this podcast, would you consider yourself a coach and leader? What do you think are the qualities of an effective coach and leader?

Taking action is the key to living a life with purpose. Recall an instance where you were afraid of taking that big step but did not give in to your fears. What did you realise?

What's your biggest fear? How can you take action to address this fear?

Most of the time, people are afraid of looking or feeling bad. Instead of worrying about what other people think, focus on your life's meaning and purpose. What's yours? How can you see these to fruition?

My Life's Meaning and Purpose

We all have monkeys in our minds that hold us back from taking action. What's the name of your monkey? Describe it. Remember — it doesn't actually have to be a monkey.

Remember, the next time you hear it telling you all sorts of negative thoughts, tell it to shut up or stop. Why do you think this works?

James shares some tips for training your brain to be less distracted. Which strategy do you think will work for you?

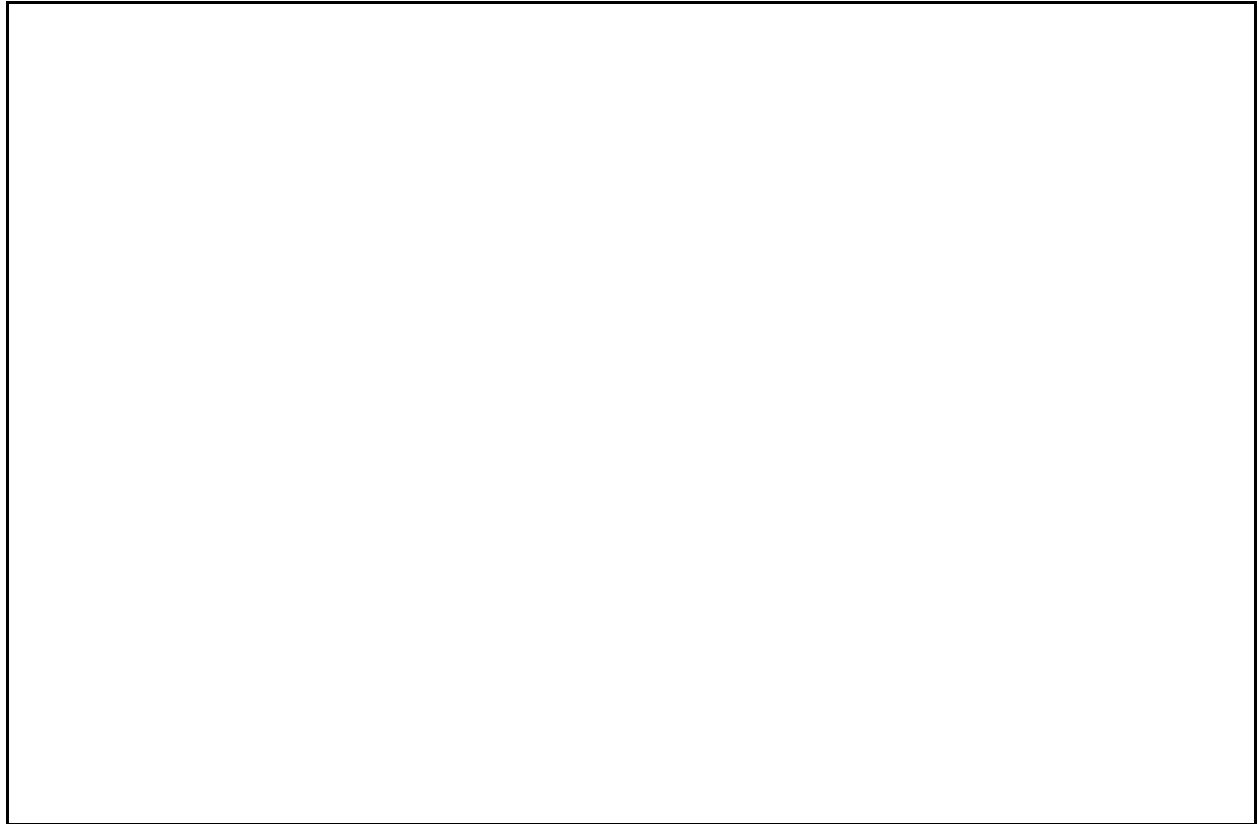
Next, you need to focus on the person you're talking to. Reflect on your usual conversations. How can you make a more conscious effort to be 100% present in those conversations?

Name some people you want to work with. How can you give value to them?

Name	How I can give value

In the space below, write down all your worries and insecurities. Then, commit to overcoming these by forming healthy habits.

This Is Me



What You'll Learn from the Activity

Completing this activity will help you understand how to teach and empower people. In coaching, what matters is the value you give others. The value you provide is a reflection of everything you've learned on your journey to where you are today.

You will also learn how to face your fears and worries. Instead of backing away, start taking action. Once you start doing it, you will realise that your fears aren't as bad as you thought.

Accomplishing this short exercise will also help you interrupt the pattern of self-doubt. All you need to do is to find meaning and purpose in your life. This can help you recognise what you love to do and be more confident about it.

Lastly, you will understand the importance of communicating effectively and giving value to others. Show people how you can help or serve. If done successfully, you can increase your social proof.

Get out of your own way, and take action now!