

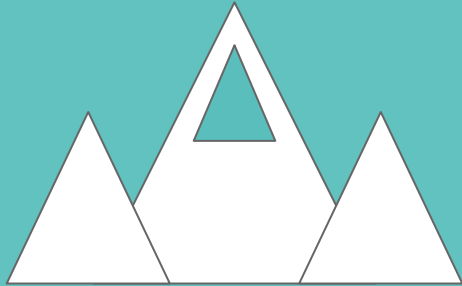
BEING WHO I NEED IN THE MOMENT



A Self Recording Template

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Are you finding it difficult to commit to the changes in life you're striving for? You know the ones I'm referring to... The ones you keep telling yourself you'll do and still no forward movement - We often know the things we could be doing to feel our best, however it's not always easy to achieve follow through. Is there something that can help create a shift within us?

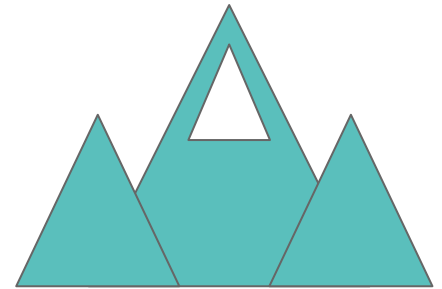


Absolutely...

BEING WHO I NEED IN THE MOMENT - A SELF RECORDING

I want to take a moment and acknowledge the POWER behind a self-recording & guiding yourself through this process. Witnessing yourself support yourself, be there for yourself, be compassionate with where you are and be exactly what you need in the moment - positively impacts your neuroplasticity and changes the function of your brain. You're being exactly who you need in the moment, when you need to support yourself most. Leaving a positive imprint - increasing your inner self-esteem, belief and trust in yourself that you can make the changes you desire most in life. And that you will always be there to support yourself, motivate yourself, remind yourself how far you've come and the reason behind leaning into the work to make these changes.

Follow through and transformation is possible and by focusing on the way we treat ourselves, view ourselves and support ourselves - we develop a strong foundation for change to take place.



BEING WHO I NEED IN THE MOMENT - A SELF RECORDING

This technique is a powerful alternative for many reasons.

- You have the opportunity to tell yourself exactly what you need to hear. Do you need a pep-talk to get yourself going? Or do you need to sit with yourself and empathetically validate your experience?
- You can deliver it in the way that you need - soft, compassionate vs. passionate, motivational, bootcamp style.
- Listening to yourself support yourself, be there for yourself and be compassionate with where you are - leaves positive effects on your neuroplasticity and changes the function of your brain.
- In your recording you can go beyond meditation and visualization - moving into embodiment, motivation and physically stepping into your authentic self.

WHEN CAN I UTILIZE THIS TECHNIQUE?

- ➔ When you're feeling stressed, anxious or hyper-vigilant to help ground yourself.
- ➔ When you know the activity you could be doing to take care of your well-being and the challenge is motivating yourself to get there.
- ➔ When you're feeling extremely low and in a depression and need to motivate yourself to move.
- ➔ When you aren't feeling confident in yourself and need a boost in self-esteem.
- ➔ When you're navigating social-anxiety and you're tired of turning to numbing agents to "help".
- ➔ Any moment in life when you need to be there for yourself and you're finding it hard to be who you need in the moment.

RESISTANCE

Even in this age of technology and social-media-selfie-recordings, there can be resistance to listening to one's voice. First of all, this is completely normal, also not the only reason resistance shows up and guess what... It's ACTUALLY OKAY to have resistance. How you navigate the resistance is what's impactful.

Will you continue to live in fear with a closed mind-set or lean into the uncomfortable and get curious about what's coming up?

GET CURIOUS...

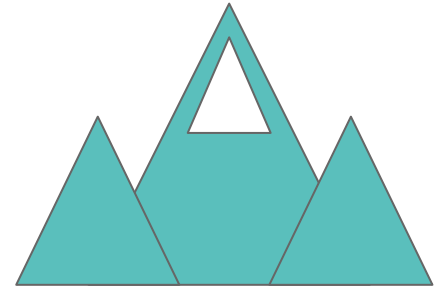
Instead of fighting it, for a moment I want you to sit with this resistance. What is coming up for you in your physical body? Where is this resistance coming from? Why is listening to your voice uncomfortable and unsettling?

Is it possible that this voice just sounds different and is something you're not used to? Making you feel as though something is off when you're listening? Did someone once tell you that you aren't supposed to love your own voice?

Ultimately - just GET CURIOUS instead of fighting the resistance or shaming yourself for not being able to follow through.

WHILE ON THE TOPIC OF RESISTANCE...

Explore the resistance surrounding the changes in life you're striving for. Instead of shaming yourself for not being where you would like to be in life, get curious. What is the reason behind not committing to follow-through? What is the missing puzzle piece? Is there something outside of motivation, accountability and commitment holding you back from making these changes? Is there something in addition to a self-recording that you need to explore?



A POWERFUL TOOL, BUT WHERE DO I START?

- ➔ Speak to yourself in your own words. Words you connect with, that impact and move you.
- ➔ Do a little planning - know the intention of the recording [what is this recording meant to impact?] journal a few notes for direction or write a script.
- ➔ Decide what would impact you the most - a video or audio recording. [Note: are you a visual or auditory learner?]
- ➔ Decide if you will be speaking soft, encouraging & compassionately or motivationally, passionately and have higher intensity.
- ➔ Embrace slowing down your speech and getting comfortable with silence in your recording - present you listening will appreciate this time for breathing, letting go and integration of the information.

A FEW SPECIFICS

- A great way to open your recording is by being proud of yourself for pressing play - knowing how hard it can be sometimes to even do that.
- Walk yourself through a breathing exercise [example - inhale 6 counts; hold for 4 counts; exhale for 8 counts; hold for 4 counts & repeat], body scan and tension release.
- Make sure to include a moment to validate your feelings and empathetically express to yourself > it's okay to feel this way. I see you. I hear you and I am here. [in your own words describe how you know you're feeling; the situation - validate your experience and feelings - respond empathetically, with support.]
- Guide yourself through the process of letting go of your past self and stepping into expressing your authentic being.

A FEW SPECIFICS

- ➔ It's a good idea to include words of encouragement that impact movement in your desired direction. Motivate yourself to take action!
- ➔ It can be extremely impactful to add a section expressing to yourself how you will feel when you nourish and fulfill your personal needs - use present language; as if you've already achieved your desire; as if you are your future self. [physical, mental, emotional, spiritual, authentic self-expression, connection and belonging].
- ➔ Take a moment to recognize how far you've come, all that you've achieved!
- ➔ Come up with a short mantra you repeat a few times at the end for added impact.
- ➔ Option to ADD additional breathing and grounding techniques throughout.

If you need additional guidance - get in touch with me today



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