

HAMMER OR NAIL?

Look at the following list and write next to each one which you think you are:

- Hammer or nail
- Racket or ball
- Child or old man/woman
- Picasso or DeVinci
- Jeans or a suit
- Sun or moon
- Cube or ball
- Rock group or string quartet
- Physical or mental
- Teacher or student
- Question or answer
- Leather jacket or Harris tweed
- Leaf or wind
- Pencil or eraser
- Tortoise or hare
- City or country
- Dictionary or novel
- Cat or mouse
- TV or radio
- Present or future

Now write three things that you think your answers tell you about yourself, based on why you have made the choices you have:

1.

2.

3.

Where do you see negativity in these answers? List each negative or limiting thought or belief about yourself that you have discovered here:

Now flip that to a different, positive perspective to see how it looks and feels from a positive angle. Write down 3 opposite statements to the ones above, framing these in 'I can / I will...' language.

1.

2.

3.

This is a simple exercise to get you thinking differently about yourself – the first step in realising that you don't need to have a 'fixed' view of 'what' or 'how' you think of yourself. Once you start experimenting with different ways of 'seeing' and 'being; yourself, you can choose to grow and develop your talents and strengths.

For more techniques and exercises to explore your potential and develop your talents, contact info@smartcoachingtraining.co.uk.