

# Playing it *Small*

We all have things that we avoid or procrastinate over because the thought of doing them makes us feel uncomfortable or scared. We tell ourselves stories in our minds about why we shouldn't do these things, and then listen to these stories and choose not to act.

This inaction results in us not achieving our full potential and reinforces the message to ourselves that we are not capable, fuelling a downward spiral of self-confidence.

So let's start by identifying the things you are avoiding doing and what thoughts you are thinking around them.

What are you NOT doing?

What are the thoughts you are having that are stopping you taking action?

*Eg: People will laugh at me, I won't succeed etc*



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For each of these items, probe how valid these thought REALLY are.  
*Eg, will people really laugh? Or will they try to help you succeed?*

Your thoughts



Is it the only possible truth? What could be an alternative?



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In order to grow in confidence, we need to show our minds that doing things outside of our comfort zones is safe. Your brain has an operating system which prioritises safety over happiness. This means that we need to parent our minds through the scary stuff.

We take action outside our comfort zone + we survive = we feel good + we feel more confident to do it again.

Have a go at listing 10 things that would push you outside of your comfort zone. They should vary in difficulty e.g. a small challenge could be starting a conversation with a stranger in work. A larger challenge could be doing a presentation at an annual event.



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Now set yourself a challenge to complete each of these things. Start small and take your time. You WILL feel anxious because your brain is trying to protect you. Remember, we need to parent our minds through the first time. Once you have completed each challenge, note down:

What was the task?

How successfully do you think you completed it?

How did you feel before you started?

How did it feel once the task was done?

What lessons did you learn from completing the task?

Take a moment to celebrate your achievement. Pushing yourself outside of your comfort zone is a big deal and you deserve to feel proud of yourself for doing it.