

## CREATE UNQUESTIONABLE EVIDENCE

---

*Create unquestionable evidence so that your mind is conditioned to believe you are both capable and credible.*

Remember, when someone else's credibility is in question, we tend to look for evidence of their work to convince ourselves that they can do the job. The same approach works in conditioning our own mind about our own credibility, so this activity is about bringing into your conscious awareness, real evidence of your own capability and credibility.

### PREPARATION

- Spend some time reflecting on your life and recalling your successes. A 'success' is defined as something that you did well and that gave you satisfaction. It does not need to be extraordinary, it just has to have involved you doing something well. Your 'successes' reflect your entire life from birth to date. They relate to every area of your life: school, work, leisure, friendships, family and intimate relationships.
- You may choose to recall highlights from your life, but what's most important for this activity is what you actually **did**.
- Try not to analyse or evaluate your successes. No matter how insignificant you may feel it might appear to someone else, if it gave you satisfaction (not your friends and family - you!) at the time then it is a success. This is not the time to be modest - there is no value in modesty here.



# The ACT of ATTRACT

## ACTivity 4: Your Mindset



Now, reflect on the successes you have recalled above and select two to write about in more detail. Ideally, the two you choose will be the two that made you feel the strongest.

### 1) Success Summary:

Age:

How I became involved

What I did and how I went about doing it

What was so satisfying about it



### 2) Success Summary:

Age:

How I became involved

What I did and how I went about doing it

What was so satisfying about it



### Your strengths

Now that you have been through the process of recalling and reflecting on your successes, spend some time reflecting specifically on your strengths.

Remember, a 'strength' is not just something that you do well - it's something that you do well and that makes you feel stronger. A strength is something that energises you and that you could do all day long without tiring. It's the thing that others notice about you and possibly even remark on. So, what have you done in your life that has made you feel energised? What could you talk about or do for hours? What would you do even if you didn't get paid?

Write down all the things that you are good at but which also make you feel strong. If it helps, ask other people or recall compliments you've had or go and read testimonials that others have written about you

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# The ACT of ATTRACT

## ACTivity 4: Your Mindset



Once you've listed your strengths, put a star next to the ones that are really relevant to your vision. Now list your relevant knowledge, skills and experience here:

**The relevant knowledge I have is**

**The relevant skills I have are?**

**The relevant experience I have is**

**Congratulations – you now have unquestionable evidence of your capability and credibility**