

BOLD MOVES
Coaching



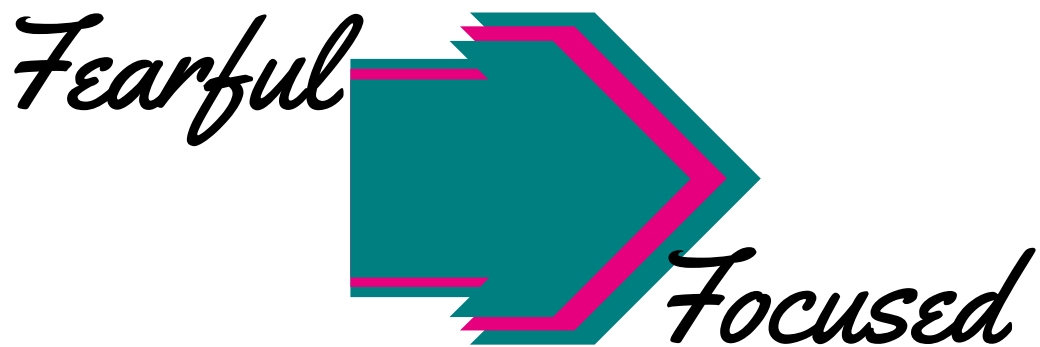
GET SET FOR A BOLD MINDSET



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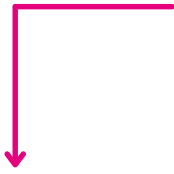
You've got big ambitions and sooo many ideas but you're still not hitting those goals....
Why?? What's getting in your way?

This guide will help you move your mindset from fearful to focused so that you can start taking action and achieving your goals. Ready to be bold?



1. Set your stall out
2. Raise your game!
3. Explore your strengths
4. Gain some perspective on your challenges
5. Go beyond your boundaries
6. Learn to learn from failure
7. Prepare for success
8. Celebrate success

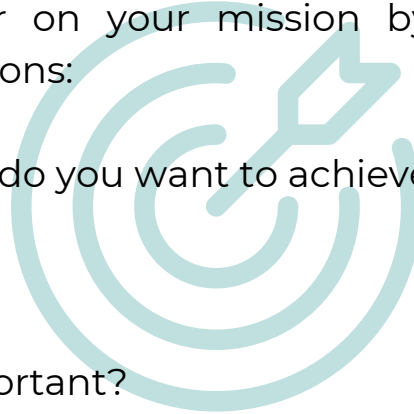




1. SET YOUR STALL OUT

Get really clear on your mission by answering the following questions:

- a) What exactly do you want to achieve?
- b) Why is it important?

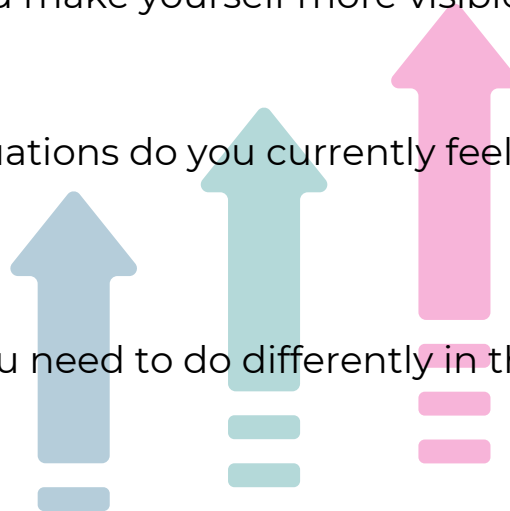


2. RAISE YOUR GAME!

To be a bold leader we need to be seen so be prepared to step up and make yourself more visible to the people that matter.

- a) In what situations do you currently feel invisible?

- b) What do you need to do differently in those situations to be seen?



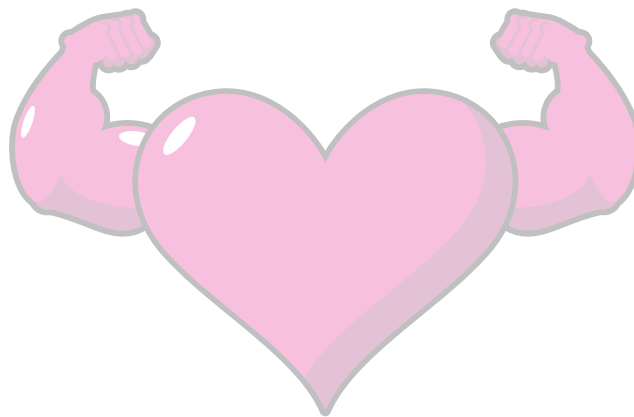
3. EXPLORE YOUR STRENGTHS

It's easy to be good at looking for our weaknesses and before you know it that negativity can become a habit.

As Tony Robbins says “where the energy goes it flows”. So let's start looking at all those things you're great at - come on don't be shy!

a) What are your top 3 strengths? (eg building relationships, creativity, listening)

b) Give examples of how others observe your strengths as a leader



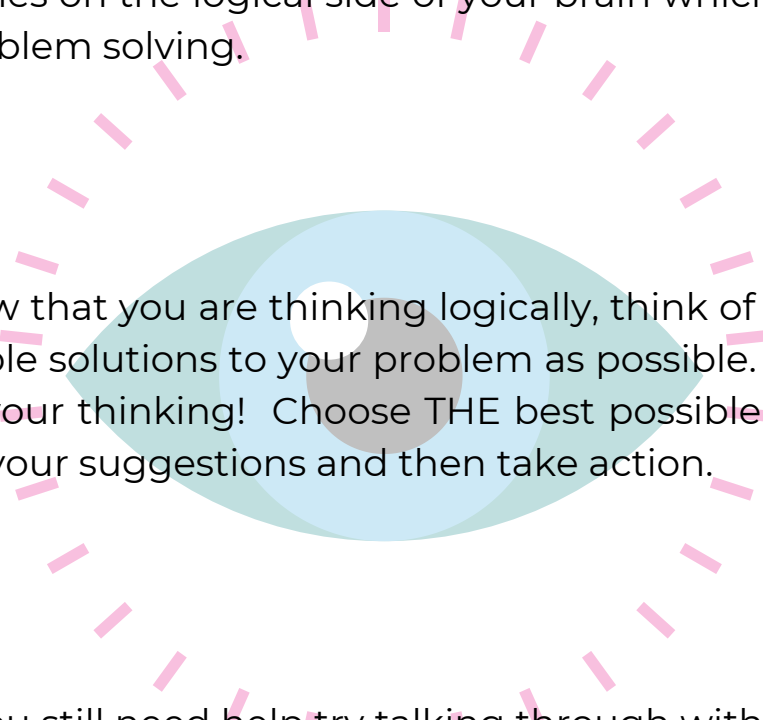


4. GAIN SOME PERSPECTIVE ON YOUR CHALLENGES

Ignoring problems can make them build up and seem much worse than they are.

To overcome procrastination follow these steps to gain perspective on your problems:

a) Write them down and include all of the facts. This switches on the logical side of your brain which is good at problem solving.



b) Now that you are thinking logically, think of as many possible solutions to your problem as possible. Be bold with your thinking! Choose THE best possible solution from your suggestions and then take action.

c) If you still need help try talking through with a friend, colleague or coach to help you take a step back and see things from a different angle.





5. GO BEYOND YOUR BOUNDARIES

Be bold and dare to do something new to you! We build our confidence by developing competence. You won't be great at it first time but practice makes progress!

a) Which opportunities are you going to start saying Yes to?

b) Which competency do you need to develop as a leader to feel more confident?

6. LEARN TO LEARN FROM FAILURE

Failure is inevitable when you're outside your comfort zone so get comfortable with it. After each new experience ask yourself:

a) What did I do well that I can be proud of?

b) What 1 thing could I do better next time?





7. PREPARE FOR SUCCESS

Set the expectation that you WILL achieve your goals.
Talk about WHEN you achieve them not IF

a) What ONE goal are you committed to achieving this year?

b) How will you feel when you get there?

8. CELEBRATE YOUR SUCCESS!

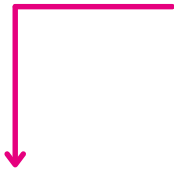
Become your own cheerleader and party hard when you achieve your goals!

Get into the habit of tracking your “weekly wins” and you’ll develop a more positive mindset

a) What 3 things have you done well this week?

b) What’s one success that you are going to share with others?





ACTION PLAN

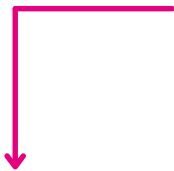
My goal for developing a bold mindset is:

This will enable me to overcome the following obstacle:

I will begin by taking the following action:

My business will benefit in the following ways:





Want some accountability?

Arrange a 1 to 1 with your Bold Moves Coach

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