

Tools to help you have a positive start to your week!

1. Plan your week

- If you have a specific goal write it down, you're much more likely to achieve it
- Free-flow your ideas of how you will achieve it
- If you can improve 1% a day, in 100 days you will have improved 100%

2. Focus on what you can control and let go of the rest

- Sometimes we focus on things that are out of our control and waste our energy... if you can't do anything about it let go of it!

3. Try something different

- If you do what you've always done, you'll get what you've always got
- Try starting the week with a positive approach – music that uplifts you e.g. It's a beautiful day – U2 rather than I don't like Mondays – Boomtown Rats
- Try accepting a compliment by saying thank you, rather than dismissing it. Think of a compliment as a verbal gift.

4. Positive visualisation and language

- Create a positive picture for your week ahead
- Imagine your week going really well – this is a technique used by top sports people to help them achieve their goals e.g. if you are competing in the Great North Run, picture yourself enjoying the whole run and successfully crossing the finish line
- As Billy Connolly says "there is no such thing as bad weather – just the wrong clothes!"

5. Look after yourself

- Celebrate all the things you do including routine e.g. getting the children to school on time, doing the housework, washing the car etc.
- Be kind and treat yourself – it doesn't have to cost a lot e.g. walking along a beach, exercising, gardening, stroking your pet, listening to your favourite music. Make sure you do something you enjoy at least once a day. The difference being when you are doing it, tell yourself like the well-known cosmetics advert "because I'm worth it!"

