



My 5 top tips to help you update your relationship with *yourself*

By Tim Simons

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your relationship with yourself



Give yourself permission

One thing I see time and time again from the coach's chair is how crucial the concept of permission to self really is. Be it permission to feel happy, to be great, to be sad or to be vulnerable. Maybe even permission to be in love or be successful. Think of it this way; when we don't give permission to ourself to feel or have or to be, we are literally blocking those things from coming into our lives. So for this website, for any work you do with me or with any coach, please give yourself permission to pause, reflect and explore what's working and what's not working for you anymore.

We all seem to have plenty of apps installed on our smartphones that we don't use anymore. They take up space and memory so every now and then we audit and delete the ones of no use to use anymore. So give yourself permission to explore your old beliefs, outdated thinking, unresourceful habits and even negative relationships that simply just don't serve you anymore.



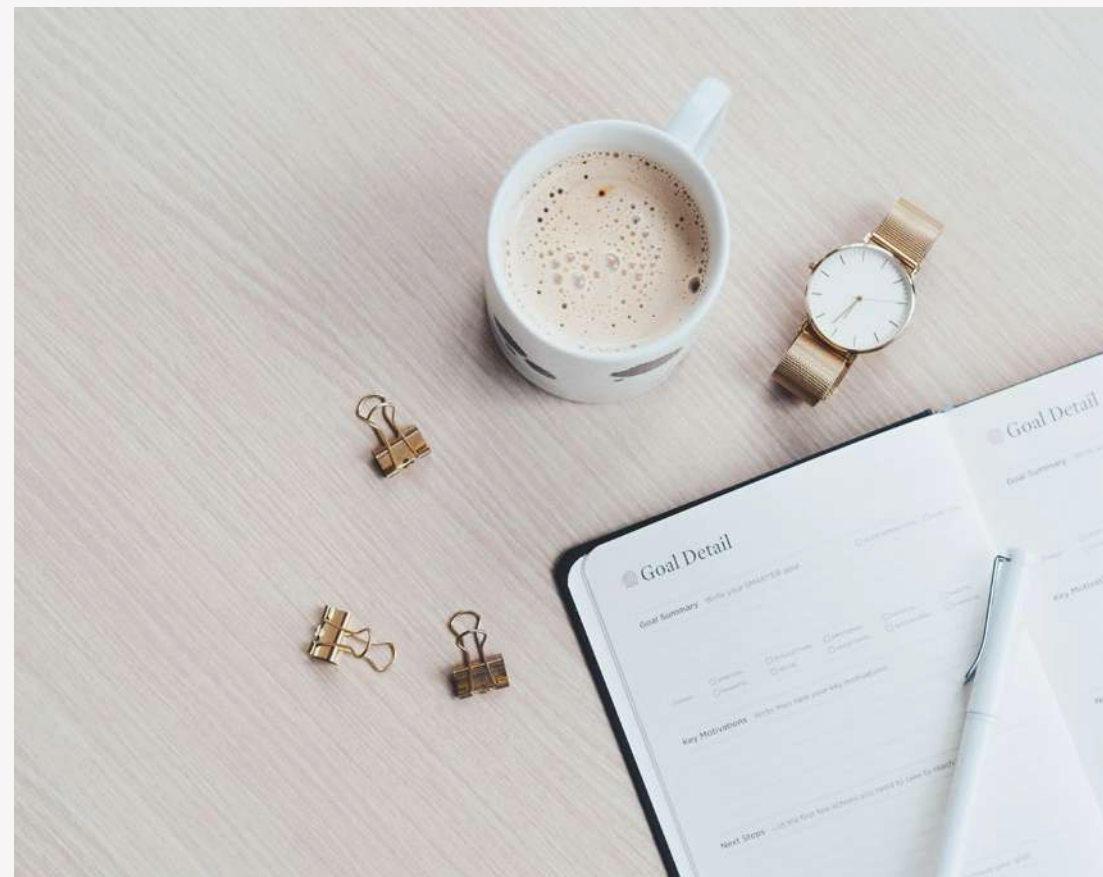
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02.

Have your *ideal you* in mind

There's nothing simpler for a goal than to begin with the end in mind. I imagine those adventurous people that think about climbing Everest, think about what it will feel like at the summit and work back from that. When we travel we choose a destination and then work out logistics, dates and how to get there, working backwards. This is the same when we think about who we want to be or how we want our lives to be.

Spend some time thinking about and describing what you want your relationship with yourself to become. Do you want more trust, more honesty, more discipline, more compassion, more fun, more confidence, more direction or maybe a combination of multiple things. I encourage you to move away from over-thinking about past versions of you, how you got here and start to shift your focus and energy into defining and creating the version of you, that you want more of. What does that version look and feel like? Know what do you want to achieve, to do and to have.





Listen to your narrative

Our brains and minds need a narrative, a story and some commentary in order to make sense of things that are happening to us and around us. The cool part is that we play the part of the narrator!

Maybe you're not aware of this, but it's us writing this story as it unfolds. The tricky part is that often the bad news stories gets way more airtime in the storytelling from our minds. The danger here is that where focus goes, energy flows. So, if we put all our attention on something that thing will get all our energy and make us feel good, bad or any one of the thousands of emotions we could be feel. At the most basic level, what we think, creates how we feel which creates our actions and behaviors in that moment. We are so smart we can talk ourselves in or out of things all day every day. The good news here is that small shifts in our mindset can create a ripple effect of change in how you feel and conversely how you then behave or action your world.

Be kind to yourself

Do you love hanging out with anyone in your life that is mean or unkind to you? Someone that ignores your wants and needs and says nasty things to you? No hopefully you don't. So let's not be an asshole to ourself when things don't go our way or we're having an off day, week, month or year. Sometimes we can be so unreasonably hard on ourselves it's baffling! It's almost like if we were driving and popped a tire, we'd get out and pop the other three tires! Why do we do this? When you need it the most, be kind to yourself. Be a good friend to yourself. Understand you are not perfect.

Understand that mistakes, misses, fails, negative feelings and all the things that throw us off track are a natural part of the human experience of life. It's like the legend Dolly Parton once said "Everybody wants happiness, nobody wants pain; but there can't be a rainbow without a little rain.



Stay active



Negativity loves an unfocussed or tired mind, its why sometimes we can stay in a funk for days, weeks or months even. When we get stressed, anxious or worried about things cortisol gets realised into our bodies. Cortisol is the primary stress hormone, and when released increases sugars (glucose) in the bloodstream, alters immune system responses and suppresses the digestive system and the reproductive systems. This complex natural alarm system also communicates with the brain regions that control mood, motivation and fear and when

stressors feel always present, you will constantly feel under attack and that fight, flight or freeze reaction stays turned on. One great, quick, cost effective way to shake this cortisol quicksand feeling, is movement and using your physiology. Try a walk, run, swim, dance, ride or whatever you can do get moving. Get a puff on, get a sweat on. This will release some serotonin into the system, to counter and clear out the cortisol clouds, giving you a much better chance of making better and more supportive decisions for yourself.



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Grab a tea, a pen, some paper
and **work** *through the below*:

1. What can you give yourself permission on?
2. Do you know what your ideal you is?
3. How aware of your own narrative are you?
4. Could you be kinder to yourself?
5. Can you be any more active in your health?

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