



The Self-Contract is a tool that can help you move towards your goals. The idea is to make a commitment to yourself to make positive, effective change in your life.

Self-Contract

Today's date: \_\_\_\_\_

I, (your name): \_\_\_\_\_ will complete my goal of self-improvement by completing the

workshops and participating in all the workshop activities by (enter date here):  
\_\_\_\_\_ because doing so will help me move towards being the person I want to be which is someone who:

(state personal reasons for making this change),

Upon completion, I will celebrate or reward myself

by: \_\_\_\_\_

In signing this contract/and or participating in this workshop/course, you agree to be honest and open, to believe in yourself and to adopt a more enthusiastic and positive outlook on life from this moment onwards. You are truly committed to change and agree to take responsibility for your life, choices and actions. You enter into this workshop with the full understanding that you are solely responsible for creating your own results. You understand that achieving your goals (in whole or part) cannot be guaranteed and no warranties are given. You are aware that coaching is **not** counselling, psychotherapy, psychoanalysis or any other form of mental health care treatment or therapy, nor is it to be used as a substitute for professional advice by legal, medical, financial, business or other qualified professionals. If appropriate, you will seek independent professional guidance and understand that all decisions and actions in these areas are your sole responsibility.

Signed by \_\_\_\_\_



## WORKSHOP THREE: SELF-FEAR

### FACE YOUR SELF-FEAR

Most of us have a whole mental cupboard full of things we don't want anyone to know that are, generally, just errors, doubts and adolescent shame that is part of growing up and learning to be human. They become our vulnerabilities and we can fear them, build locks and bars and steel doors over them, as if those moments of growth are horrors too harsh for anyone to know.

We all have things we would do differently. Self-esteem is built on eradicating self-fear.

This challenge asks you to build your self-courage and look in the mirror to see your true self. In all its imperfections. Acknowledge what you fear others may discover (lets shatter the false imposter syndrome lurking in us all) and place it in context with the challenging journey of self-discovery and learning.

No one gets it right and no one is perfect. If you can face the mirror with those niggling self-doubts and self-punishing fears, then you can face the world fearless of what others may discover about you. In other words, own your stuff and move on. It can only harm you if you still fear it.

## TIME FOR ACTION



### **YOU ARE NOT THE ENEMY. FACE THE MIRROR.**

For the next week, your task is to stand in front of a mirror with all the empathy and self-compassion you can muster (maybe do the self-esteem and self-compassion challenges first before this one, just saying it might be hard to start here!)

You need to do this action or have the thought at least once a day. No giving up, excuses or reasons. Remember if you put in 20% effort that is all you will get back. Go for at least 80% effort in order to make a change.

This exercise can be challenging and for some overwhelming, especially if you have had significant low self-esteem during your life. Always be compassionate and thoughtful when and where you do challenging exercises. Make sure you have supports nearby in case you experience intense emotions. You can always stop and try again another time.

This isn't about just completing the workshop, it is about learning and challenging yourself to change, so take the time you need. Seek help when and if you need.

I am asking you to recognise and challenge the actions and behaviours you have done, believe you have done or have thought of doing that feels so damning and unforgivable. These perceptions are attached to your confidence and fear of rejection and are stuck in the silly, adolescent self so worried about peer acceptance, embarrassment and humiliation.

1. Take three belly breaths (diaphragm breathing) before starting. This will relax the amygdala (emotional brain) because as you breathe through your diaphragm it activates the 'vagus nerve,' that tells the amygdala to 'relax, be calm, it's all good.' This will bring down your anxiety if you are feeling a little nervous in facing your self-fear. I can recommend Cathy Wong's article and instruction on belly breathing on the following link: <https://www.verywellhealth.com/how-to-breathe-with-your-belly-89853>
2. Every day for the next week, look in a mirror and say out loud the things you think you fear the world may find out about, that you are carrying with you throughout your life.
3. After each self-fear (and we all have many in this life, so don't think you are the only one with a seemingly endless list!), make sure you say this:

*“These are behaviours and actions that are part of a long life of learning, they do not describe or define me. In forgiving myself and being fearless of my past, I am empowered against the opinions of others.”*

4. Track your progress in the tables below. Use the tables below to track your progress.
5. At the end of the week review your self-fear, by checking the intensity ratings during the week. If it isn't dropping keep this exercise up for a full month.
6. Reflect on the questions below.
7. Give yourself the reward you offered in the self-contract.
8. Complete the self-review (email me a copy to if you like).

**Use the weekly tables below to track your progress. Print out as many as you need to feel the shift in your fear. Look for small, incremental changes rather than huge earthshattering moments. Real change is slow, steady and subtle in life.**













## YOUR 10 GROWTH QUESTIONS



1. How difficult was it to face the mirror and speak of your fear?
2. What were your hurdles to overcome to do this?
3. Do you still care what others think of you and your past mistakes and actions?
4. Are those mistakes and actions more important than who you are now or becoming?
5. Can you and have you been able to begin to forgive those life learning moments and put them in perspective?
6. Is self-courage something you can master? If not, what help do you need to push past these events?
7. What mental blocks did you notice encouraging you to give up, forget or dismiss this challenge?
8. Are you surprised about how you felt towards yourself?
9. Did you notice a slight change in your mood state or your inner critic?
10. What can you take with you from this exercise?



SARAH GODFREY

## YOU DID IT!



Well look at you. How fantastic are you to push through and give change a chance! Your first step to building self-courage is done. That doesn't mean you stop now, to make it real you need to continue promoting your higher self in every day and in every way.

Thank you for taking my workshop. Life is about learning, and this will help you begin your own personal journey to a confident and authentic self. Success and happiness thrive in people such as yourself, that take initiative and are willing to do the hard work to be a healthier self and have a better life.

After you stop celebrating and have given yourself the reward you promised yourself at the beginning of this workshop, take some time to reflect on what you have achieved. Don't forget to change the brain you need to practice these skills for at least three months every day and then regularly for the next few months. In this way you can re-shape the way you think and create sustainable and authentic change.



SARAH GODFREY

## OKAY, TIME FOR YOUR SELF-REVIEW

1) What is your honest assessment of the effort you put in?

(1 = hardly tried - 5 = gave it 100%)

1

2

3

4

5

2) What skills or aspects of the workshop did you find most interesting or useful?

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3) What changes in the way you think, and feel can you recognise?

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4) How will you continue to use the knowledge gained from the workshops in your everyday life?

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5) What was the most important thing you discovered about yourself?

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**6) Things you need to remember about what you learnt.**

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**CONGRATULATIONS!**