

Your Focus Wheel

Starting at the centre of the page, write a statement that you want to “affirm”. Then look for some evidence that supports this, it could be really fundamental things such as your qualifications, or some great feedback you have received, or as simple as acknowledging that you enjoy doing something.

Typically you’ll find that a few things will come easily and then you may get stuck. Don’t worry, just review what you’ve done already and see if anything else comes to mind. Revisit your comments a few times maybe a day or so later – you’ll be surprised about just how many things you’ll come up with. And how many more positive things seem to happen after you’ve done this task!

Carry on until you can’t fit anything more on the page :o) Keep your focus wheel somewhere safe – in your “down days” it can help remind you of all the “good stuff” that you already know but has slipped from the forefront of your mind

