



## Suit of Armour

I sit writing this challenge on what can only be described as a miserable day. It is the sort of day that is grey, wet, the wind is howling outside and the idea of staying under the covers was very appealing. However, like many other people who need to earn a living, I got up, put on my suit of armour and got going.

I use the word armour very intentionally.

On the days when I feel most wary, when I am anxious or facing something new, I spend more time and take extra care to make sure my hair and make-up are well done. I put more thought into selecting the right clothes for the people that I will be meeting later in the day. My clothes, hair and makeup form my physical suit of armour. I also have a mental suit of armour consisting of patterns and rituals that support me to face the world each day with confidence.

These include my morning to-do list that is checked over a cup of coffee to make sure that I am clear what I need to achieve for the day. My mid-morning Sudoku calms me down if I am getting anxious or have been concentrating particularly hard.

I also have some not so good patterns, computer games that I play to avoid making calls that I don't want to make, household tasks that get done when I am supposed to be working, friends that I call for a chat when I should be developing marketing plans for my business!

By becoming more conscious of all my patterns both good and bad, I am better able to use my rituals to support me to face the world effectively. I take time to ensure that my mental suit of armour is working for me and not against me.

My challenge to you this week is to look at your suit of armour. Starting with your outward appearance, is your armour serving you well or does it need to change – are you presenting the right image to your colleagues or do you need to make changes?

Then move on to your patterns and rituals. What activities contribute to your ability to achieve your goals and objectives each day? What patterns interfere? Where can you introduce new patterns and rituals that will assist you in dealing effectively with the world each day?

Now, take control and decide what you need to do.

Warm Wishes

Mary

*If you find it challenging to gain clarity as to what it is you can control and what is outside your control give me a call and let us see what we can do.*