



CREATE YOUR CHEERING TEAM

How to create your Imaginary Support team to guide and cheer your Goal Success.

Like every human being, you need POSITIVE FEEDBACK from someone who's on your side.

Your own family may not have known how to do that when you were growing up.

Traumas big and small happen at home and at school in your early years.

Much of my work focuses on helping my clients to RE-PARENT themselves and call in resources in the form of imaginary Guidance and support they *didn't have* when they needed it.

In EFT-Matrix Reimprinting this can be in the form of Angels, Guides; animals, an older sibling or favourite Aunt or Granny.

EXERCISE

If you could choose any four or five people in the world to be your ideal family (anyone in all history, literature, movies or whom you've always admired)...to create a supportive environment, who would you choose?

- People who cherish what's special about you, encourage you to explore all your talents and keep going when you lose heart.
- People who you feel a kinship with – like creatives, artists, coaches, writers, authors.
- People who would feel sympathetic and supportive of you.

Now imagine adding them to your Cheering Team. Include coaches, wisdom mentors as well as people from history, literature or modern day heroes and heroines who would inspire and encourage you to be your best self.

Once you have a Cheering Team...close your eyes and join the group you created and watch YOU coming into the room through the door.

Notice how you move, talk, interact with others.

Watch kindly, feeling curiosity, interest and fondness for you and your POSITIVE QUALITIES.

- Now step into each of your Cheering Team, one by one, and let each say what they see as the gold in you...

[Remember – no criticism allowed]

Write down the comments in your Journal and refer back to this when you need some positive reinforcement during the next 28 days and beyond.

Goal Success

You can also add in real compliments you've received over the years – from happy clients, family members and other sources.

If you don't collect compliments already, do so now.

Start a folder on your computer or in a special file and make this coming year a time of noticing and keeping these lovely reflections of your worth.

Finally, it's important that you make a COLLAGE Poster Board with your Cheering Team and put it above your computer where you see it every day.

Go Go Go for Goal Success...