**Chapter 7 - Creating awesome self-belief**

* + The common issue and the solid foundation of B.R.I.C.K.S.
	+ Letting your **Best Bits** sparkle
	+ Knowing your different **Roles**
	+ The difference between **Intent** and desire
	+ What **Commitment** takes
	+ What is the right amount of **Knowledge**
	+ The impact of **Self-talk**

**NOTES**

List the various roles you play

Add a descriptor for how you want to be in this role e.g. encouraging Mum, confident leader

List one action you can take for each of these to bring you closer to living that role the way you want to be

You already have a page or book listing what makes you great and your best bits – add some more

Write a one page, A4 letter to yourself, dated 12 months from today. Share back on what an amazing year you have had: your achievements, how you stepped out from your comfort zone, who you did things with, what you learned about yourself, what worries you had and how these were managed, what made you most proud, how you secured what was missing for you, how you feel, and what you see and hear now. Finally, what do you intend the next 12 months to bring?

After a week, revisit the letter and see what emerge as your priorities. In capitals, write out,

“It is my intent this year to make x,y,z happen”.

Only write down the ones you want to become your commitments. Read this letter to yourself monthly and check the progress of your actions.