

Spirit Level Success™ System - Six Secrets of Self-Esteem

Secret #4 SKILLS – Week 3

S.T.R.E.A.M.™ – Review Capabilities

The **R** in **S.T.R.E.A.M.™** stands for **Review Capabilities**. 'Everyone is born a genius. But if you judge a fish by its' ability to climb a tree, it will live its' whole life believing it is stupid' (Albert Einstein)

You have natural, inherent talents that you are really good at. The kind of talents that mean when you are fully immersed in that activity, everything is in flow and time just flies. You lose yourself completely because it all feels so effortless and you love what you are doing.

As well as being really good at these things, these will also likely be the things that when you put your mind to it, it feels easy. The first time you try, you may find that you pick it up really easily and just 'get it' right from the beginning.

What are you really good at? In what circumstances are you very talented in your life? Take a moment to reflect on all aspects of your life, both personal and work or business, and write out as many skills and capabilities as you can that you find naturally easy and that you love to do;

When you have your list, take each specific item and consider it carefully. What exactly it is about each activity that makes it so enjoyable for you? For instance, if you are a natural extrovert (which does not necessarily mean you are the life and soul of the party by the way, many people are quiet extroverts) this means that will be more likely to get your energy from being around other people. If you need feedback on something, your natural tendency will be to ask others 'how did I do?' 'what would you improve'. So activities you engage in that surround you with other people will probably feel very energising for you, you'll feel like everything is flowing and time flies.

Compare this to a natural introvert, (and yes, you can have loud introverts) who is someone who needs time to go inside and reflect, mull things over – if they never had any space to do this in a work environment for instance, they could really struggle.

How do you feel when you are doing an activity where you are in your flow? What happens to your concentration and your energy levels?

Compare this to how you feel when you do things that don't come naturally and don't keep you in your flow (imagine a true extrovert being put in a back office to work alone on spreadsheets all day, or an introvert having a networking and sales role perhaps). What happens then to your energy and concentration levels?

Always play to your strengths, or you could end up being the fish that's being judged for climbing a tree.

And the sad result of this, is that your harshest critic will be you.

So, if you struggle with certain aspects of work or personal life, which really don't appeal to you and you have no desire to learn, let go of the pressure (whether internal or external) to learn how and just let it go. Or if you are given tasks or placed in roles where you are constantly battling on the inside, consider all your options for bringing about a change.

Are you a big-picture thinker or a detail oriented person? You may consider yourself to be both, but if you *had* to choose one that you would naturally default to, which one would it be? Which one do you feel most in flow doing?

If you are a big-picture person that was tasked with designing a complex spreadsheet with lots of formulae over several days, whilst you may be able to do it physically, energetically you would probably start waning after a few hours. Imagine if this was your actual job, that you had to do 5 days a week?

If you are a detail-oriented, systems loving person, you would probably really enjoy that task. But imagine if instead your role involved constantly being given a 'blank sheet of paper' and needing to come up with creative ideas.....

The reality is that you can read books, get training or do whatever you like to try to get good at it, but ultimately if it's not where you are naturally talented doing something that you love, the danger is that you will constantly compare yourself with others that *are* naturally talented and good at it, and end up criticising yourself for not being good enough.

For most skills and capabilities, you were not born inherently knowing how to do them. Whilst you will have ones that come naturally to you, for most, you will still need to learn.

As human beings, we are very good at telling ourselves we 'should' know how to do something.

Describe here the last time you did that? Where were you? What were the circumstances?

Imagine if at the time, when you said to yourself 'I *should* know how to do this', you simply replied 'Says Who!?'

There is nothing in your life that you absolutely *should* know how to do. And holding that belief can contribute to feelings of low self-esteem and self-worth, as you chastise yourself for everything you can't do, rather than celebrate everything you can (and it's human nature to automatically do this).

It doesn't matter if you are 7 or 70 – if you don't know how, it is *always* ok to ask.

It is really important that you take time during this week to repeat the work covered so far in this Secret.

Value yourself enough and really connect with your motivation, so you can prioritise this and spend *sufficient* time on it, ensuring you make a meaningful emotional connection with each step you take.

This is your time now, and you matter.