

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

Secret #4 SKILLS – Week 5

S.T.R.E.A.M.™ – Amend & Update

The **A** in **S.T.R.E.A.M.™** stands for **Amend & Update**. For any aspect of your behaviour, skills or characteristics to change, there has to be a process. Sometimes it is easier to recognise, for instance if you are in a work environment and there are skills you need to do your job, then chances are that through some kind of appraisal system someone somewhere will help you recognise that you need to up-skill in a certain area of your work and send you on some training (do remember though, that you should always play to your strengths).

With personal behaviours, skills and characteristics it can be a little bit trickier not least because of the fact that until you get a 'light bulb' moment, you may not even be aware of the fact that you want anything to change because you just haven't recognised it yet. You will have many habits of thinking, feeling and behaving that are so totally ingrained that you could do them in your sleep.

Think back over recent years and identify at least one character trait or habit of your own that you didn't realise you had, but once you did, you decided you wanted to change it in some way. Maybe you realised you had a tendency to interrupt when other people were speaking, or perhaps you'd get distracted when someone was trying to have a conversation with you; maybe you recognised a tendency to be defensive in certain situations or with certain people. Whatever it was, write it down here;

Now go back and remember the actual moment that this came into your awareness. What happened? What was the catalyst for you realising that you act in this specific way, and that you'd like to change?

Many of your traits or habits start off completely out of your awareness. You will do and say many things completely on automatic pilot, without giving it any conscious attention. And it's only when you bring something into conscious attention that you can even begin to bring about any kind of change, however small. If you don't *know* there's a 'problem', there's no way you can or will look for a solution.

Once you have that light-bulb moment when the penny drops, and it dawns on you that you'd prefer to do things differently, then you can bring about the changes you desire.

But it probably won't happen overnight. Many of your habits are deep rooted and you've engaged in them for a significant amount of time.

Once you are aware of your habits, and you identify one that you want to change, you will probably find that using simple will-power alone will not really make a difference. You may want to change, but you'll probably keep slipping into the old way of doing things to start with and it's only once it's too late that you'll be able to reflect and realise, with hindsight, that you've slipped into the old way of doing things again. After so many times of slipping in this way and having the hindsight to realise what has happened, eventually, you will be able to recognise what is happening whilst it is happening. You'll be actually engaging in the behaviour you want to change, but it will be almost like having a dual experience where you are engaging in the habit and at the same time have an awareness that you want it to change. This is still progress.

And eventually, you will have so much experience seeing things as they are happening, that you will develop the ability to predict when you might be tempted to behave in the old way and stop it before it starts. This is where you have developed your foresight and can avoid making the same mistake again. And at this point you may also have developed a new habit that you can run as a substitute for your old habit and behaviours.

Once your awareness has gone through the right order – or **O.R.D.A.**[™] - you will have a genuine choice of which parts of your personality you would like to amend and update.

Think back over your life to any experience where you recognise you have gone through this process. What happened? What insights do you now have as you reflect on each of the stages?

O. Out of awareness light-bulb moment, recognition;

R. Reflections after the event, to learn from;

D. During the event, whilst it is happening;

A. Avoidance of habit, for future change and success;

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.