

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

Secret #4 SKILLS – Week 6

S.T.R.E.A.M.™ – Measure

The **M** in **S.T.R.E.A.M.**™ stands for **Measure**. When you do decide it's time to try something new in terms of how you present to the world, like any other type of experiment, it's important to measure what result you achieve so that you can decide whether to continue with the new way and engrain that as a new habit, or whether you prefer to stick with the old way.

Who do you currently have around you in your life where there are challenges in the relationship? For instance, it could be that you know someone who is always playing the 'victim' in life, or is always unreasonably slow to make decisions, or is always late when you are meeting them; and the challenge you find is that it frustrates you so you become cross with them and your frustration shows.

Explain who it is for you and what kind of challenges are present in that relationship;

What's your current internal (how you feel on the inside, what emotions you experience) and external (what you tend to say in response, tone of voice, what gestures you use) response to those challenges?

In what way are you contributing to the 'problem' or situation? (yes that's right, you are absolutely part of the current state of affairs even though you may have happily 'blamed' it all on the other person up to now) – Get ready, you might just get a light-bulb moment any minute.

What's the outcome you want to achieve instead?

What different behaviour or habit would bring that about, and are you willing to try it out if it makes a difference?

The next time you are with this person, try out the new behaviour and notice (from an objective, unbiased position if you can) what happens – both for you internally, and for the whole interaction externally. Write it down here;

If it worked, and you got the result you want – isn't that worth developing a new habit for? Even if you still need to allow the natural flow of time to pass whilst you go through the natural **O.R.D.A.**[™] of things, you now know that you can amend and update whenever you choose to.

If it didn't work, be curious, reflective and objective and understand why – and what part you played.

Then try out another different way, and then another – until you do find a way that works and you can complete the process.

Congratulations – you have now successfully completed Secret #4 of the Spirit Level Success[™] System – Six Secrets of Self-Esteem.