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Appreciating yourself  
and attracting more  
of what you want



## Self-appreciation and attracting 'good'

They say you get more of what you focus on, so it's vital to focus on the positive and not dwell on the negative. Spending time and energy thinking about how fat / common / poor / stupid you are is said to cause you to be more fat / common / poor / stupid, so it stands to reason that you want to spend most of your time and energy on what's going right in your life.

This is easy to say and can be less easy to do, so when I came across Marie Diamond's 'Appreciation Game' (whilst reading *The Passion Test* by Janet Bray Attwood and Chris Attwood) I realised I'd stumbled upon a simple, yet powerful tool.

The idea is to focus on 3 things about your day

1. What you appreciate about yourself  
*(e.g. "I appreciate how good I was in that meeting")*
2. What you accomplished  
*(e.g. "I phoned Eva and had that uncomfortable conversation")*
3. What 'wins' showed up  
*(e.g. "When I was rushing and didn't have time buy my own ticket for parking, that nice man gave his — and it had another hour on it.")*

Our brains are designed to make lots of comparisons with previous experience. This helps us to respond to what's happening in the moment. To help illustrate this point, I'd like you to imagine the memories stored in your brain as being stored in a physical place like a manila folder, filing cabinet or storage room. Often we have a large warehouse filled with evidence of the 'bad things' — how things don't work out for us, or how useless we always are — and a very small folder filled with evidence of the 'good things'. By reflecting on what's good (and ideally writing it down or drawing a picture or making it in some way tangible) what you're doing is filling up your 'good things' file. As you keep filling it, soon you'll need a drawer, or even a whole filing cabinet to store all these fabulous memories.

- What do you appreciate about yourself?
- What did you accomplish?
- What 'wins' showed up?

Remember, some days will be harder than others, so be generous. Maybe all you accomplished was flossing your teeth or putting the rubbish out — be sure to focus on this and not the things that didn't go so well.

By making the effort to recall the good, you store more of the good. When your brain sees something in the world that might be good, it looks for evidence of experiencing good in the past... and it finds plenty! Suddenly you're in a frame of mind where you believe good things happen... and you notice good things happen... and I believe we then ATTRACT good things.



**Your assignment:**

Either first thing in the morning or last thing at night, reflect on what's happened during the last day.

Start a journal, write in the date and record those three magic things.

Date: \_\_\_\_\_

I appreciate \_\_\_\_\_

I accomplished \_\_\_\_\_

Wins that showed up \_\_\_\_\_

*Doing this (and other exercises you'll find on my site) every day, could go a long way to improving your life and your ability to achieve your goals. Sometimes, though, we need a little help. Having someone gentle holding you accountable and rooting for your success can make the process of change faster and more satisfying.*

*Having someone on the outside asking you difficult questions and celebrating your achievements is a great way of keeping you on track. Our friends and family are often invested in keeping us where we are. Or, they're just a little too kind to us and won't hold us accountable when we don't quite achieve what we set out to. Coaching can be the perfect way to carve out time for you and your goals. Left to our own devices, most of us find something else to do and very quickly lose motivation, but coaching gently obliges us to get clear on what we want and take a no-excuses approach to getting it.*

*Whether it's one-to-one or group coaching you're drawn to, please get in touch with me to discuss coaching options.*