

The Identity Clash Behind Underperformance



Symptom

- **Physical symptoms:** exercise, dance or shake your body to move those stress hormones around. Sing or hum to activate the vagus nerve. Breathe deeply to show your body it's safe.

- **For perfectionism** - Define the Minimum Viable Product or what "good enough" looks like. Not everything needs to be perfect.
- **For procrastination** - Define the very next smallest next step, then do it. Don't write projects on your to-do list, write tasks
- **For people-pleasing** - Ask: What's in your best interest? What's in their best interest?
- **For analysis paralysis** - give yourself a set time to make the choice, depending on the importance of the task (not depending on how much time you want to dedicate to it!)



Condition

Name it

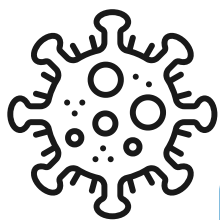
That's my lizard talking, not reality. Thanks lizard for trying to keep me safe but...

Normalise it

What would you say to a friend who felt this way?

Navigate it

If I already belonged here, what would I do?
What would the best person for the job do?



Cause

Upgrade your lizard

Who am I to...?

I am...

Career Coach | Strategic Advisor | Commercial Trainer

Visit

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