

Keep those butterflies at bay

Unpick why those butterflies are setting up home in your stomach, your palms are clammy and you're constantly checking to see if the answer is in!

Ask yourself these questions to understand what is creating your state of mind and then follow the 4 steps to settle those nerves.



READY
TO GET
STARTED?

STATE OF MIND – worst outcome

01

Impact on me as a professional

04

How do I feel about these?

02

Impact on me as a person

05

How can I make the most of this outcome?

03

Impact on others around me



STATE OF MIND – best outcome

01

Impact on me as a professional

04

How do I feel about these?

02

Impact on me as a person

05

How can I make the most of this outcome?

03

Impact on others around me



CALM THE BUTTERFLIES

01

Breathe

Looking at your two scenarios, take time to absorb them. Accept that both may be true. Know that whatever the outcome, you know the impacts and how to move forward with them.

02

Reality check

You now know what to do, regardless of the outcome. You've been resourceful and can handle the outcomes in a positive way.

03

Schedule

Diarize when you will find out one way or another. Then work out the first step of both plans. Know exactly what, when and how you will take action (Note this could be before you know either way).

04

Act

Get on with the rest of your life – what else is on your “to do list”, errands or fitness and social plans this week? Release the “pause” button and keep on living!