

# Lesson 5,6 - 7 The SEJ Worksheet Example – ‘I can’t do this’

## STEP ONE: Self Awareness

### Situation...

Recall a situation that caused you to suffer, maybe you felt distressed, hurt, angry, sad, disappointed, or upset. Once you have this situation note it here:

*I have been told that I need to record a 25-minute presentation on a new product that we sell, that is going to be seen and marked by Vice Presidents in the US. I only joined the company 2 months ago. I have been ignoring this email for a month and the VP in the US has just emailed me to say that I’m the only person who hasn’t recorded a video presentation.*

### The Story...

Write here the ‘story’ your mind is telling about the situation. It is important you do not censor your thoughts, write them exactly as they appear to you, no matter how dark, petty, unkind, or judgmental they are.

*Oh my god how am I expected to do this as I’ve only just joined the company, oh no what am I going to do? I can’t do this as I don’t know anything about this, and I’m trying to learn the product that I’m working on now. I can’t do this; I don’t know how, and everyone is going to know that I don’t know what I’m talking about – what do I do?*

*I can’t believe they expect me to do this as I’m new. Everyone will know that I don’t know what I’m doing, and I don’t have the time to learn this new stuff before I present. I’m not good enough to do this.*

*I cannot believe they are asking me to do this, this is ridiculous!*

### List your thoughts...

Once the story has been written list the thoughts that grab your attention.

- 1. I can’t do this.*
- 2. I don’t know how.*
- 3. I don’t know what I’m talking about.*
- 4. I don’t know what I’m doing.*
- 5. I don’t have the time.*
- 6. I’m not good enough.*

From the above list extract just one thought you would like to work on and put that thought through the 4 bodies.

**Mental:** The thought I believe is...

*I can't do this.*

**Emotional:** The emotions I experience when I believe this thought are...

*Ashamed, scared.*

**Physical:** When I believe this thought my bodily sensations are...

*My body is slumped and tight.*

**Physical Action:** When I believe this thought my actions are...

*Ignore the email.*

**Spiritual:** When I believe this thought I am closed to...

*I am closed to the task. I am closed to the truth.*

## **STEP TWO SELF Regulation**

Sit in Silence and greet the thought you believe. Remember as you sit with the thought you stop thinking, in other words you do not run with this thought or add new thoughts to it, you simply remain open, observing the thought with no judgment. In this open state a Truth will rise from within you.

Or...

### **Climb the ladder of Truth!**

List some opposites until a thought resonates with you.

\_\_\_ *I can't do this* \_\_\_\_\_

\_\_\_ *I might be able to do this* \_\_\_\_\_

\_\_\_ *I must do this* \_\_\_\_\_

\_\_\_ *I can do this* \_\_\_\_\_

**Mental:** My Truth is...

*I can do this.*

**Emotional:** The emotions I experience when I allow space for this Truth are...

*Inspired, excited.*

**Physical:** With this Truth my bodily sensations are...

*Body is upright.*

**Physical Action:** With this Truth my actions are...

*To do the recorded presentation.*

**Spiritual:** With this Truth I am open to...

*I am open to the knowing that I can and will complete the task.*

### **STEP THREE SELF Confidence**

We are now at Step 3, and here you quite simply look for **evidence and mirrors** to support your new Truth. These must again rise from within you, they **MUST NOT** come from mind. Simply sit and allow this to happen. A good starting point is to add the word 'because' at the end of the new realised Truth. Remember 'mirrors' are thoughts we project onto others, and so we need to claim them back for ourselves. Mirrors tend to show themselves as you go deeply into the evidence.

**Write your evidence and highlight your mirrors here. Add because at the end of the Self Regulation.**

*I can do this because I'm a really good presenter and all I need to do is a bit of training on the product and then I can put together a really great presentation.*

*I can present, I can learn, I've been in IT for 20 years so I do know my stuff, so I am going to use this presentation as a great opportunity to show what I CAN do!*

*I have presented literally 100's of times to customers and colleagues, and I'm a fast learner. All I need to do is take some time to prepare, practice, and I can do a great presentation.*

I realise that it is a truth I am new, however this does not stop me from presenting and doing a good job, to the best of my ability, as I do know how to present, I can research the product. I am using the thought "I am new" to justify not taking any action!

Mirror

I am judging with my thought 'I cannot believe they are asking me to do this, this is ridiculous!'

I can't believe I'm asking myself to do this, this is ridiculous. It is ridiculous the pressure I am placing upon myself, not them, me! They are simply asking me to do my job. I am the one putting the pressure on. It's part of my job and this task isn't anything out of the ordinary. They are simply asking me to learn about a new product, understand it, and be able to present it as if I was presenting it to a customer.

Once again, we go through the 4 bodies. This time choose either a Truth from Step 3 or if the most empowering Truth is still the one at Step 2 you can use this one again.

**Mental:** My Truth is...

*I can do this.*

**Emotional:** My emotions are...

*Excited, inspired, joy.*

**Physical:** My physical sensations are...

*Very upright.*

**Physical Action:** My actions are...

*Record the presentation.*

**Spiritual:** I am open to...

*I am open to recording the presentation.*

## **STEP FOUR SELF Empowerment**

Test the original thought believed to see what's changed.

**Mental:** The thought I believed at Step 1 was...

*I can't do this.*

**Emotional:** My emotions have changed to...

*Neutral*

**Physical:** My physical sensations have changed to...

*Feel normal, very upright.*

**Physical Action:** My actions have changed to...

*Nothing to do.*

**Spiritual:** This statement is true for me. 'I am no longer closed to... I am open to... (life / the situation / person).

*I am no longer closed to doing the recording, I am open to recording the presentation, and the truth that I can and will.*

**Outcomes:** To complete Step 4 we write out the outcomes to the situation.

**Immediate Outcomes:(Internal Situation)** Immediate Outcomes are the changes to your thoughts, emotions, physical sensations, actions, and being open.

*The outcome was – I am excited to do the task. I feel excited and empowered.*

**Life Outcomes:(External Situation)** Life Outcomes will be evident in the moment if the SEJ is done as the situation arises or appear later if the process is done retrospectively.

*I did about 20 minutes of study on the new product, recorded the 25-minute video in one take.*

*A few days later:*

*I came joint 1<sup>st</sup> in the WORLD! Out of just under 100 people who did this presentation globally, I came joint 1st. The other 2 people who I drew with had all been with the company a long time and I came above everyone else in the European team. I went from a place of not doing the presentation to coming joint 1<sup>st</sup>!*

**Lesson:** What have you learnt from this situation?

*When I believe my thoughts, they limit me, and I suffer.*