



Make My Encouraging PowerPoint Presentation

Devise a short PowerPoint presentation to remind you daily what your journey is about. You do not have to use details from your Mission Statement as this will be used in the Record My Dream resource (see the Going It Alone Toolkit for this exercise).

Use the Random transition so each time you watch the presentation it is different.

Make it fun with a variety of colours, pictures of you with family and friends. Try to add music. Record the timings so that you can enjoy it.

The point of the presentation is to remind you of what the objective is, connect you with it, whilst your personal images, i.e. pictures and music, and transitions are therapeutic.

Include questions such as: -

- What can I do today that will help me progress tomorrow?
- How can I help my clients and/or customers today? How will this make the business plan evolve?
- What kind of day do I want to experience today?

You should also design a PowerPoint presentation to watch when you are having a more difficult day. Again, as I stated above, use transitions and colours to make it interesting.

Include questions which can help you get through the difficult situation whenever it arises. For instance: -

- How do I deal with this now?
- Do I want to take a difficult here or make the situation easy for myself?
- What can I do right now to make this situation easier?

Do you need further support? If so, I would be very happy to discuss further. Email me at directactionlifecoach@gmail.com or call me on 07544 899678.