



BLONDES IN BUSINESS

This is a simple yet very powerful tool to help you begin to understand who your significant people are and what your significant life events are.

Whilst being prompted by these questions, ask yourself how you are feeling when answering the different questions; how do they make you feel? Happy, sad, angry, giggly, indignant, irritated, emotional, tearful, grateful, confusion, joy, scared, nervous, excited etc.

You will be remembering incidents and what the results of those incidents were. They may be the incidents that shaped your perspective, your thoughts, your memories and experience which if so, will likely to have resulted in various future actions.

So how far can you go back? Childhood incidents can shape our lives.

Sue remembers being told off by the headmistress at the age of 5 without the headmistress asking her any questions and just assuming the worst. She can remember the room, the feeling, the whole incident! When she went through this exercise it helped her realise her adversity to authority – that one incident shaped her beliefs and therefore actions. Now she is glad, as she has her business with Audra, but for many years she never got on with her bosses – now she knows why. If Sue didn't go into business for herself then knowing where the adversity to bosses comes from, she could chose to do something about it or not!

So with that in mind – let's see what significant events and people have shaped you.

So when remembering past events and people (who may still be currently in your life) really try hard to remember the whole thing. The room, the smell, the feeling(s) you had, the décor, the weather, the faces, the overwhelming feeling you were left with. It's not easy, but can be very powerful if you can. Take your time, find a quiet spot, and have pen and paper handy to jot down anything that comes into your head – don't analyse, just write freely. Whatever you recall write down.



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So between the ages of 1-5 what can you recall? What sticks in your mind?

Ask yourself these questions – if you can't answer them, no problem, but you may be surprised at what the questions prompt in your memory.

- Where am I?
- Who am I with?
- Am I alone?
- How am I feeling?
- Why is this significant to me?
- What am I wearing?
- What can I see?
- What do I feel?
- Am I holding or touching anything?
- What would I change about this event?
- Who should be with me?
- What did I say?
- What did I want to say?

Now take time to really feel what you're feeling and note anything that comes to mind. When you have finished, leave your scribbling's to one side – take a break, have a walk, switch off then come back to it later. If you can leave overnight all the better, it just give your brain time to readjust and refresh.

OK - the next 5 years – what can you remember from the ages of 6 – 11?

Ask yourself the same questions, and go through the same process for each subsequent time frame.

12 – 17

18 – 23

24 – 29

30 – 35

36 – 41 and so on and so

forth.....



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Have any events or people shown themselves to you? You will probably find a number of events. Now go back through them and see if they were really significant or just memories – Sue remembers her mum buying her a horse puzzle at the age of 4 – its not significant just an early memory that has stuck for some unknown reason!

For each significant event, write about it; just a paragraph or two. Think about how it affected you and ask yourself these questions:

- Was there a long term effect?
- Does it affect my current life?
- How?
- Should it affect my current life?
- Is what I recall true - or a child or teen reaction?
- What could have been going on – do I know now what the true situation was?
- Have I adjusted my thoughts, beliefs, and behaviours and values based on what I know to be true or my perception of the truth?
- Do I make judgements due to a significant event?
- Are my judgements fair or generic?
- Have I made choices based on my significant events?
- What other choices might I have had if that event didn't happen?
- Can I still take a new path?
- Do I need to take a new path?
- What's stopping me if I feel I can't take a new path?

Self awareness is a powerful thing. If you have become more self aware by doing this exercise then great! If it has thrown up concerns for you, then find someone to talk to confidentially. A friend, a family member, a coach, a counsellor.

Once we are aware we can choose to move forward or not. Just by understanding ourselves a little better can bring great results.

We wish you all the best and hope you find some answers that are useful on your journey through life!