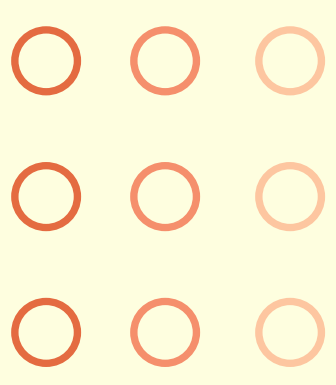


# 5 Tips to Transform Social Anxiety



## First thing First:

Set an Intention and decide to be open and willing to expand your comfort zone



# Tip: 1

Improve your health by raising your Energy



Energy is the most single important ingredient to having a quality life. Food and sleep are a source of energy but not *The Source*. Energy is physical. Its a habit!

- Measure your energy daily.
- Have boundaries with people who 'you allow' to suck your energy.
- Train your nervous system to be in a peak state by listening to music you love and moving your body regularly
- Doing 3x10 repetition of deep breathing 3x daily whilst focusing on 3 things you are grateful for changes your state and energy too
- Be more of what you love

## Tip:2

**Stop trying to  
be perfect**



Perfectionism is a disease of comparison, fear of failure and fear of not being loved. You cannot fail if you are learning, for you are perfect in your own imperfections and as you grow.

- Get to know yourself more by expressing what feels true to you unapologetically
- Practice authenticity by being real in the moment, say what you mean and mean what you say with respect for yourself and others
- Affirm daily when you remember by saying "Even though I have this perfectionist issue I deeply love and accept myself unconditionally"

## Tip:3

**Make one  
small change**



Repetition leads to habituation. A 2mm shift in perception is all it takes! It might take years to get there but actual change happens in a moment.

- Take the step and commit to incorporating one new thing in your daily or weekly routine
- Choose a time slot and Schedule it in your calendar or write it in your diary
- Keep doing that thing until it becomes a habit
- Reward yourself in the best possible ways and smile

## Tip:4

**Spend Time in nature**



Our house is home for our bodies, nature is home for our soul. Being present in nature can be a deeply healing and grounding experience.

- Spend quality time in nature daily even if its for a 10mins walk
- Put your phone on silent
- Practice mindfulness by tuning in to your senses - Focusing on what you can see, hear, feel, taste, smell and touch
- Notice your breathing and how you feel
- Keep a journal for reflections

# Tip:5

**Prepare  
yourself for  
success**



Momentum is the measure of all progress. Progress is the measure of all happiness. When you are happy, you have more energy, and life begins to flow and work for you synchronistically.

- Say yes to opportunities that come your way
- Stay open and curious
- Trust your emotional guiding system a.k.a your intuition. The more you feel good, the more you are headed in the the right direction
- CELEBRATE!

# COMPLEXITY IS THE ENEMY OF EXECUTION - KEEP IT SIMPLE!

I trust these tips will serve you well, and my wish for you is that you find your Breakthrough - that is the moment in time when it becomes a 'MUST' for you to make the changes you seek.

Your expansion and growth depends on 80% of your psychology and 20% action. For transformational mindset work, Counselling or coaching, I would be delighted to assist you.



Use Code **GIFT10** at checkout to claim 10% OFF my services.