



Daily 3bs

Aligning with each of the 3bs on a daily basis can help reduce the pressure or overwhelm associated with goal setting and enables us to hone in on what's really at the heart of things. When we do this, we start to build up our self-awareness and support our overall mental well-being.

What are the 3bs?

Be - *celebrating who you are and where you are right now, being present and noticing the details.*

Believe - *believing in yourself and your abilities and knowing that you have resources within you to help you respond to whatever comes up.*

Breathe - *creating some time and space just for you every day, in a way that works for you and supports you.*

You can use this exercise to help you set out your intention for your day, or if you prefer, you can adapt it to reflect back on your day and capture your thoughts and feelings in the evening. The questions are meant to be used as prompts and are not designed to be prescriptive, so feel free to try them out, see what works for you or create your own.

So, if we are thinking about setting goals, but the goal feels too big and like a burden, then it's probably trying to tell you something. Goals are useful and can provide direction, and something to aim for, but we may need to break them down into more manageable chunks. Perhaps most importantly, we also need to take into account how we might be thinking or feeling about ourselves today and what's happening in our lives right now, because this may impact on how effectively we can move forward with our goal. This is where the 3bs can help.

For example, starting with **Be** think about - *how do you want to feel?* You might think - *I want to feel I can manage this goal, not that the goal is going to manage me.* You might want to feel that you can deal with one aspect of that goal, so maybe this is where you want to place your focus instead. With this in mind, ask - *what can you do today to feel the way you need to feel?* From there you can identify what it is you need. And by supporting yourself in this way, you begin to take positive steps towards your goal!

Following this, you can also explore the **Believe** and **Breathe** aspects to help you think about any thoughts or beliefs that might be limiting you, plus make a commitment to yourself to pause and to breathe. Whether its taking some time out, practising a breathing technique, meditating or going for a walk - whatever works for you and creates some space to allow you recharge and continue with your day feeling refreshed.



Daily 3bs

How do you feel today?

How do you *want* to feel?

What can you do for yourself today to stay true to you what you need?

How do you need to be today?

Be

What resources and experiences can you draw on to support you today?

Are there any thoughts or beliefs that might be limiting your thinking?

Are these thoughts true? If not, what is *really* true? What do you really know and believe deep down?

What good things are happening right now that you can build from?

Believe

What is one small thing you can do to create some space for yourself today?

What could you let go of or stop doing in order to free up some time for yourself?

What tools or techniques can you use to help you slow down and be more mindful?

Breathe