

## Discover the Superhero Inside You!



The elevator doors have just closed behind you with a soft whirring sound when the tears start streaming down your face. You just can't take it anymore and start sobbing uncontrollably. The soft hum of the elevator is drowned out by your desperate whimpering, your hopeless and exhausted crying.

Why are you so terribly weak? Whenever push comes to shove in a meeting, you give in, turn mute, and leave your arguments unsaid. Why can't you bring up the points you want to discuss? Instead, you let your colleagues take the big stage.

Why are you constantly overlooked? In the meeting just now, your boss mispronounced your name again, even though you've been working here for over two years. But instead of speaking up, pointing out the correct pronunciation of your name and thus demanding the appreciation and respect you deserve, you remain silent, again... and get mad about it.

Why are you the only one who can't manage to work the same amount of overtime every day as your young colleagues without getting into a total time crunch? The fact that you have children who want to be picked up, looked after, cared for and loved is really no argument, is it? Who cares about little mouths that want to tell you about their day, that de-

mand time, attention, care and a loving embrace? Who cares that your partnership is constantly falling short and has been in crisis mode for what feels like an eternity? Time for two, long conversations, tenderness and sex are surely no arguments for not performing at the top in your job, are they? The strength, the hard shell, the success, the hard facts - that's what counts, right?

Why do you permanently feel like you're too weak, not resilient enough or even insufficient? Why do you only feel deficient, depressed, desperate – in short, mentally and physically exhausted?

Did you just "get hooked" on one of the questions while reading? Did you recognize yourself in one of the questions? Did you think of similar situations, moments in which you were and are just totally underwater, emotionally and physically burnt out?

Then it is high time to stand up for yourself, your life, your wishes, needs and visions and to consciously take time for YOURSELF!

## TAKE YOURSELF SERIOUSLY!

Every day before you go to bed, take a few minutes to review your day by writing in a small journal or on your smartphone. What did you do really well today? When were you absolutely yourself, completely with yourself? In which situations were you able to bring in and implement your ideas and thoughts the way you imagined? What were your small and big successes?

When you have written down all the positive thoughts, events and emotions of the day, read through them again: what emotions does this trigger in you? Are you amazed, satisfied, or do you even quietly smile to yourself? Do you feel inspired, happy and strengthened?

The longer you regularly make yourself aware of what you have achieved, when you were completely yourself, when you felt one with your ideas and the world, the more a feeling of your inner strength will flow through you.

## BE KIND TO YOURSELF!

Take a post-it note and write down the following: "I treat myself with love and appreciation!" Stick it in a place where you can see it often. Every time you see it, read it out loud or in your mind. Observe yourself while doing this. What does this do to you? Do you notice how you start to stop constantly nagging, criticizing, devaluing and underestimating yourself? Do you feel how your view of yourself slowly changes and you meet yourself more and more often in silence with love and appreciation, even if you're not actively looking at the note? With time, you will notice that you show yourself much more love, re-

spect and appreciation and that you perceive and fully live yourself, your unique personality, your strengths, abilities and characteristics.

## DISCOVER THE SUPERHERO IN YOU!

Allow yourself some time to integrate the two steps into your life and your daily routine. After four weeks, take stock: What can you observe about yourself? What new behaviours have you adopted? Which patterns have you been able to say goodbye to? What emotions do you notice in yourself and towards yourself? Do you feel stronger, calmer, more balanced and more content? Can you perceive how your view of yourself has become more loving, appreciative and positive?

Open up from the bottom of your heart to discover yourself, your strengths, abilities and visions! You will see: the superhero in you will awaken in a more passionate and stronger fashion. Guided by your desires and needs, you will live out of your centre in your uniqueness, and you will realize your very own life vision!

Are you curious to discover your own superhero? Then book your place in the Heart-Space workshop today and discover what lies within you!

[#workingmum](#) [#workingdad](#) [#compatibility](#) [#mindset](#) [#lifecoaching](#) [#mentalhealth](#) [#emotionalexhaustion](#) [#worklifebalance](#) [#selfefficacy](#) [#selfcare](#) [#selffocus](#) [#selflove](#)

