

BE – DO – HAVE CHECKLIST

INTRODUCTION

You will have read in “The Self-Worth Safari” the power of inverting the classic “Have – Do – Be” thinking. This resource is meant to be read in conjunction with pages 146-151 of “The Self-Worth Safari”, i.e. Shift No 6: From Proving Yourself to Valuing Yourself.

None of these shifts exclude the influence of environment or circumstances. However, we learn many conditional narratives that it helps to overturn in order to have a happy life. Here are some classic examples of conditional thinking.

CLASSIC “HAVE – DO – BE’S”:

1. When I have more time, I will cook better food and be a healthy person.
2. When I have more clients, I will raise my fees and be a successful professional.
3. When I buy the right kit, I will do more sports and be fitter.
4. If I had more confidence, I would say No to these requests and be happier with myself.
5. If I had a (better) partner, I would socialise more and be prouder of myself.
6. When I have a (better) support team, I can do higher value work and be a greater success.
7. If I had more / the right resources, I would get these things done and be effective / productive.
8. Had I prepared more/better, I would be able to do a better meeting today and be more engaging / impactful.
9. When I have a better job / assignment, I will invest in growth and be a thought-leader in my field.
10. Someday I will have a better house, and then I will take more care of it and be my dream self, living a high-quality life.

Some of yours?

You may notice how some of the clauses above are also forms of “sophisticated procrastination”. By placing conditions, we can avoid doing things that we may be apprehensive about doing.

THE FLIP: BE - DO - HAVE

Sometimes it is as simple as changing the word order. However, we often need to think a bit deeper, to come up with something more pertinent and relevant. Here are the above examples reworked, with some notes to support you make your own “flip”.

(Apart from the flip and the rewording, what else has changed? Answer at the end!)

1. By being a healthy person today (i.e. being a friend to myself), I eat quality/energising food as a result of which I perform better and create more time.
2. By being a successful professional (focused on value), I raise my fees and still have more clients.
3. By bring fitter, I do more sports so I learn what is the essential kit.
4. By bring unconditionally happy with myself (even when I fail to set boundaries), I am learning to say No to some requests and therefore developing more confidence.
5. By being totally OK with myself (beyond all assessments), I socialise freely – either with or without a partner.
6. By committing to my values of excellence and success, I do higher-value work and so I can afford a (better) support team.
7. By making the most of every quarter hour, I get things done and as a result I employ better resources.
8. In every moment I focus on the person(s) in front of me and their needs. As a result, I do better meetings, whether I am prepared or not.
9. By thinking as a thought-leader would, I invest in growth which yields better jobs and assignments.
10. By living a high-quality life, I take care of my surroundings so that my home is the best that it can be.

You may wish to write your “Be - Do - Have’s” here:

So, what else has changed, apart from the “flip” and the rewording. Turn the page to see the answer!

(Answer: the tense. Conditional or future-tense sentences have been turned into present tense assertions. Much more powerful!)