

Simply NLP: Promote Yourself Without Losing Focus

EverMindful

What this is for

The nervous feeling before putting yourself forward isn't a flaw — it's two parts of your attention competing for the same space.

Learn to fill your attention with the outcome you want, so there's less room left for the fear to run the show.

Before you start

No materials needed. Just one thing you've been meaning to put out there.

- Something you've been holding back on — a post, an offer, a message, an ask.
- 10 minutes, somewhere quiet enough to notice what your body does

The exercise

There's no need to get rid of the nerves here — just notice where your attention is going.

- 1.** Bring the thing to mind. Notice what happens in your body as you think about actually doing it.
- 2.** Notice where your attention goes — is it on the outcome you want, or on what people might think?
- 3.** Get specific about the outcome instead: who is this actually for? What do they need from you? What happens if it lands well?
- 4.** Notice what changes in your body once your attention is full of that, instead of the fear.

Your notes

Jot whatever surfaces — full sentences not required.



What you noticed

What shifted when your attention had somewhere better to live?

Your one next action

No pressure, no deadline. Just something to carry with you.
