

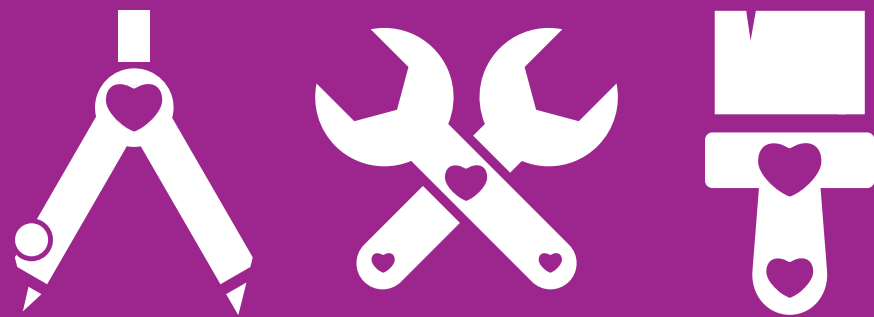
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If you are single then introduce yourself to your new partner

Pretend you are introducing your relationship, your partner or yourself to someone

If you are single then describe your ideal relationship

Describe your relationship or your partner or yourself

What are the most important things your partner needs to know about you?

If you are single then what are the most important things that a new partner should know about you immediately?

The traditional scenario for an elevator speech is that you have 30 to 60 seconds alone in an elevator with the person that could make or break your career or fortune – so, what would you say in that time, to that person, to pitch yourself or your concept, sell the idea and close the deal?

The concept for this exercise is the same – you have 30 to 60 seconds to just say whatever it is that needs to be said about the particular topic.

If you just limit the time, speak and put it out there, it's a really great way to unpack what's going on beneath the surface and discover unconscious challenges that may be holding you back.

Don't overthink this – just speak for 30 to 60 seconds. Record yourself on your smartphone and listen back to it afterwards if that's easier for you.

What are the things that you really want your current or new partner to know about you?

What do you think people completely dislike about you and are the reasons why no one would ever want to get involved with you?

Do a reverse elevator speech

If you could get this off your chest do you think your relationships would be happier?

What are you afraid people will discover about you?

ELEVATOR SPEECHES

LIFT YOUR CONSCIOUSNESS, AWARENESS & RELATIONSHIP

Love Yourself

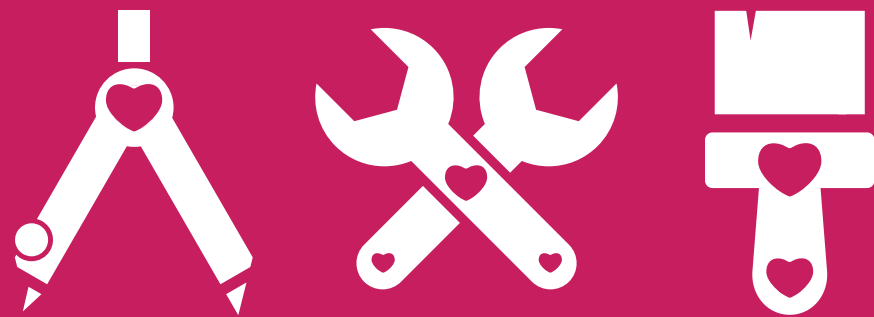
To feel more gentle, caring, loving and compassionate towards your partner, start by saying 'I love you, I love you, I love you' repeatedly under your breath whenever you think about them

Once you're feeling more comfortable, move on to saying it under your breath whenever you're around them

Eventually, as your comfort level increases, it will become easier and easier to say it out loud, and better yet, really mean it!



categories



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Life Coaches Toolbox has a number of free diagnostic tools and resources that coaches, trainers, mentors and managers can use with clients, or that you can use on your own.

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- Affirmations
- Anchoring
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- BodyTalk Tapping
- Boundary Setting
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