

Be Bulletproof

How to achieve success
in tough times at work



WHEN a situation is far from ideal – perhaps it is stressful, tiring or uncomfortable – our thinking can easily become distorted. We can start to see the situation as unbearable and slip into ‘self-talk’ that says ‘I can’t do this’. But when you find yourself slipping into ‘I can’t’ mode, just stop and try to replace it with ‘I can’ instead. Remind yourself that, in reality, you can actually cope and you will get through this difficult situation. Take a breath and say to yourself, ‘I can do it. I’ll be OK.’

*Be Bulletproof is a book by
business trainers James and
Simon Brooke*