

# Three hugs a day

taken from the "How to win from the Start" by David Royston-Lee

It is also useful to understand how you are **feeling** – particularly if you are a more practical person, if you are a ‘do-er’ more than a ‘thinker’.

Using a scale of 1-10 where **1** is suicidal (well, feeling pretty lousy), **5** is boringly normal and **10** is ecstatic, write down three times a day the number that reflects how you are feeling.

Preferably make this note when you get up in the morning, sometime around midday and then before you go to bed. So in that little note pad you’ve bought, you will have three numbers for each day.

And each time you write down a number, write next to it an answer to the question:

***What can I do to make me feel one point better?***

That is not to say you will do it... the point is to notice how **you** can make yourself feel a little better.

We do not change that much throughout our life. The changes we can make that last tend to be small steps... the smaller the step, the easier it is to take.

So you might feel a **3**... which often means reasonably depressed and lethargic... having difficulty getting up in the morning... and waking up in the night worried.

To change your situation up one point, you might know that you feel much better if you force yourself up by a certain time and go to the gym... or for a run... or give help and support to someone else.

If you do this for a week, you will find something happens. You will become much more aware of what you can do to get yourself into gear... isn’t it always the case when you are feeling a bit low that you blame everyone else? The classic ‘blame’ at the moment is “Because of the credit crunch there are no jobs... so I won’t even bother looking.” As my daughter said...“**yeah... right!!**” (She is working for a catering company when she is not at uni... so there are jobs for those who look).

Sometimes all we need is a bit of **Oomph**... we need to take control of our lives rather than believe the world out there controls us.

...and why is it called ‘three hugs a day’?

Because it was named that by one of my clients who believed it was a great way to look after herself. She said it was like giving herself three hugs a day.