



OPINIONS THAT MATTER

GAIN FREEDOM THROUGH
KNOWING WHOSE OPINIONS
TRULY MATTER TO YOU.


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OPINIONS THAT MATTER

A note from your coach...

Many of our clients express the challenges they face daily by considering the opinions of others. Whether it's a work colleague, a friend or a stranger passing you in the street; we often hear that little voice in our head asking us what we think that person thinks. Here's a quick and easy activity you can complete and once you commit to it you can free yourself from the impact of the imagined, or explicit thoughts of others.

Cut out the piece of paper below. Then, simply write on it the names of people whose opinions truly matter to you. Pop the piece of paper in your purse or wallet and whenever you let the opinion of another person negatively impact you then simply take out this list, and if their name isn't on it, let it go!



PEOPLE WHOSE OPINIONS TRULY MATTER

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Creating results through conversations