



## You're not very nice to yourself!

Jim was sitting listening impassively to me from across his therapy room as I was talking. He was silent for what seemed like ages, but was probably just a few seconds, then he said, 'You're not very nice to yourself.'

I don't remember how it came up in a therapy conversation, but I was telling Jim about my recently developed interest in cycling and how I used my Garmin heart rate monitor. Not only could I use it to track my

heart rate while exercising, but I could use it to track my route distances and times and then compare whether or not those times were quicker than my last times for the same distances. I thought he'd be impressed. He clearly wasn't.

I wasn't ready to hear what he was trying to tell me. It took me over 15 years to even begin to see any truth in Jim's words, never mind learn something from them. Jim saw that I was leveraging outcomes in my life through my judgement of myself. If I had even understood what Jim was pointing to back then, I'd have thought that was a good thing. Being nice to myself was not something I'd ever thought about.

### **Facing my judgements**

The next time I came face to face with my decades old habit of creating my outcomes by judging myself was in October 2022 when I created my 'document'. This is a document that is changing my life. There will be lots more about my 'document' in future editions.

I was on an Immersion with my coach Ankush Jain. As part of the document creation process, he tasked the twelve men who were there to make a list of all the different ways in which we judged ourselves. My list was long, pages long. Putting it together and reading it was painful.

I learned a process of letting go of the judgments, of forgiving myself for the ways I had thought about myself. I started to speak to myself in a more accepting way, but this was just the start.

### **Listening to my body**

In August 2023 I developed sciatica. For a couple of months, I had almost constant pain in my lower back and even worse shooting pain right down my left leg. I had to stop training and could only walk with quite a lot of discomfort.

I knew it was all down to how I had been treating my body. Something had to change.

I hired Keren Rosenberg a former world class dancer who had become a coach. I asked her to help me change my relationship with my body. Soon after we met, she told me, 'Sciatica is serious shit Peter. You need to start listening to your body.' It would only be right to state at this

point that my wife Jules, a physiotherapist, has been telling me this for years. But it took this level of back pain to really get my attention.

It soon became clear that sciatica, while a symptom of how I had been driving my body, was also a symptom of how I had been treating me. I knew that one of my default beliefs about myself was that I was 'not good enough'. This led me to unknowingly develop an operating system that used all the different ways I judged myself to drive and push myself relentlessly to be better in every area of my life.

This had led to burnout in 2006. Since then, I had created a life that was more sustainable. One thing that still hadn't changed was how I treated me.

This has been the thing I have worked most on over the last year and gradually I am starting to see myself differently, I am starting to treat myself differently.

### **All you need is love**

What I have seen is that judgment has its' foundation in fear. The way I had been living my life for over 50 years was fear based. Once I saw that I knew I wanted that to change. I didn't want to be propelled by fear. I know it's not a word that is used much in business contexts, but I knew that love was stronger than fear ... I knew that love was infinitely stronger than fear. I had to learn to love me for who I was ... I had to learn to love who I had always been.

This has been a big focus over the last twelve months. There is a long way to go but, living my life from a place of love (at least some of the time) feels very different.

There has been a lot of internal resistance ... What if I stop trying? What if I stop caring about things as much as I used to? What if the results aren't as good? What if business isn't as good?

None of this has happened. I am more focused on my business than ever as my clients discover even greater possibilities for themselves, they never knew existed. I am training harder than ever.

This picture below shows my stats from a cardio workout I did a couple of weeks back (I use a MyZone HRM now). This is me testing the limits

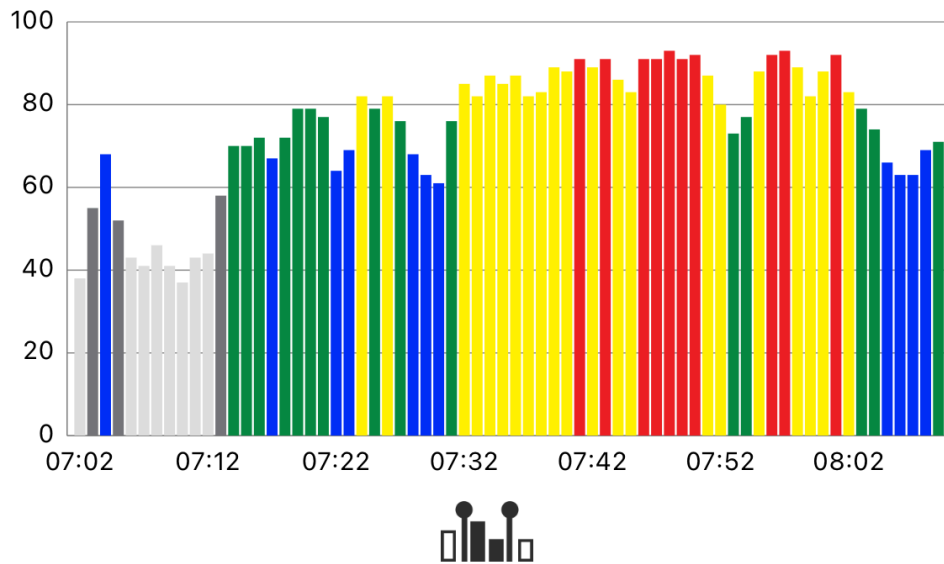
of the amazing body I have been given to see what's possible ... and loving it.

16:06



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## Move Summary



### Details



 **Duration** 1h 7m

 **Effort** 74%

 **MEPs** 195


 **Calories** 1008


 **Average HR** 147

 **Peak HR** 187

### Time in Zones



 8 mins - 0 MEPs

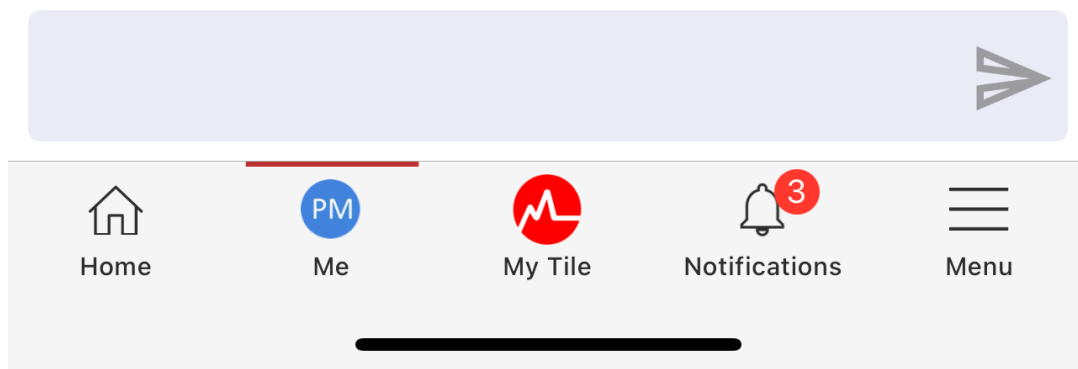
 2 mins - 2 MEPs

 10 mins - 20 MEPs

 15 mins - 45 MEPs

 20 mins - 80 MEPs

 12 mins - 48 MEPs



What is also different is that I am more peaceful and more content. I am much clearer about who I am and what I am up to in the world. I am being more open and honest with myself and others. There's no way I'd be sharing this stuff otherwise.

There are times when judgement creeps back in, but I am getting better at catching it and getting back to being the person I want to be more of.

I have had enough of not being nice to myself and can't wait to see where it takes me.

Have a great day!



Peter McCammon

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