

THE LEBRON JAMES METHOD

According to the work of psychologist Ethan Kross, replacing a first person pronoun with your name or another pronoun can improve performance, reduce critical thoughts of the performance, and help you look at future events as less threatening. This might work even better by channeling undeniable basketball great LeBron James.

BOSS OF ME PROJECT

DATE

STEP ONE: WHAT WOULD BE BEST FOR YOU THAT YOUR INNER CRITIC DOES NOT WANT YOU TO DO?

STEP TWO: WRITE IT AS A FIRST PERSON STATEMENT.

STEP THREE: REPLACE FIRST PERSON "I" PRONOUN WITH "LEBRON JAMES."

STEP FOUR: ENJOY BEING LEBRON FOR A MOMENT AND WATCH YOUR INNER CRITIC FALL AWAY. REPLACE "LEBRON JAMES" WITH YOUR NAME.

STEP FIVE: HURRY AND GET YOUR PROJECT DONE BEFORE YOUR INNER CRITIC FIGURES OUT YOU ARE NOT LEBRON JAMES.