**Knowing Your Own Convincer**

This is just one of the exercises from the book Be More Kid. To gain maximum benefit, it should be carried out in conjunction with reading the book and as part of the other Be More Kid exercises.

Knowing your own convincer helps you to understand yourself and your internal motivators better and has many uses, we are just covering one of those uses here. Once you know your convincer it will help you to identify what could be causing you uncertainty and even anxiety.

**All of us have an internal convincer and it’s really easy to find out what that is. We would like you to ask yourself:**

***How many times, or over what period of time, do you need to do or see something happening, in order to be convinced it’s going well?***

**It might be dependent on the number of times you do or see something, or the period of time you do it for. That doesn’t really matter, but what’s important is knowing that number or period of time.**

**Then you need to understand whether it is something you need to do or something you need to see that will convince you it’s going well.**

**For example, if my convincer was seeing something 3 times in order for me to convinced it was going well, then anything less than this will leave me feeling incomplete and not convinced that it’s going the way that I want it to.**

**Because I know this I can be aware that I will need to fulfil my convincer of seeing something 3 times to feel confident about it.**

**Without knowing this, it’s easy to get so far with something and then not be convinced that it’s going well. That’s when you’ll have doubts and potentially make another U-turn, without seeing something through to its conclusion.**