Conscious Grit:

**from stuck to unstoppable©**

Personal Project Seven

The Cloak of Uninsultability

Take five minutes to visualise what your Cloak might be. What material is it made from? What colour is it? How does it feel? Is it heavy on you? Think about where you're going to keep it – where you can get to it quickly. Scribble down a drawing or description and pop it somewhere safe.

If you don’t feel that you can be creative, choose a Cloak that's already been invented. Any number of superheroes have capes or cloaks – Superman, Batman, Thor, Captain Marvel, Wonder Woman. Even Fred Flintstone’s animal print suit will do – even though it's not a cape. It's the concept that's important. And remember it's a temporary little trick you can use. The aim is not to dull your ability to soak up feedback, learn, and grow.

Visualise your Cloak in your toolbox and know it's there any time you need it. No one knows you have it on - other than you!

I’d love to see what you have come up with. Email your drawing or description to me at gail@everywhensolutions.com.au

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