



Lois Barth, Coaching and Consulting Services, LLC.
lois@loisbarth.com
www.loisbarth.com
646-342-5911

Evidence List

When we face new opportunities that both delight and scare us, it's essential to remind ourselves that we are way more competent, confident, and resourceful than we realize.

Here's where creating what I call an "Evidence List" is really helpful.

One of my favorite definitions of fear is "False Evidence Appearing Real" (not a LOIS-ism). So much of what we fear is based on what happened decades ago and may have no relevance in our current reality even though we keep bringing it up. An Evidence List is a great opportunity to reinforce and remind you of your myriad of talents, gifts, and accomplishment—basically, who you really are.

Here's a sample Evidence List for someone who needs to reinforce how *resourceful* they truly are: (i.e., a great way to support yourself when dealing with taking on a new project or chapter in your life where you're not sure how to proceed).

Look through your life and excavate where you have proof positive evidence of a quality or value you possess. Again this example is for someone who wants to reinforce their quality of resourcefulness.

1. I spearheaded a local food drive while having a young child by simply staying focused, doing one thing at a time, and asking for help.
2. I'm very skilled at asking the right people for very specific advice when dealing with a situation I'm not experienced in. Most people almost always feel a sense of satisfaction knowing they were of service.
3. With almost everything I've created in my life, I had no idea how it would happen. But the more I committed to it, and shared my excitement with others, the more I enjoyed the process and allowed others to join in.

4. Once I establish my top priorities, I'm a natural researcher, critical thinker, and can usually map out the process to get there.

5. There are so many free resources out there that if I do some asking around and research, I can probably find what I'm looking for.

You get the picture!

Suggestions

Write the list. Now. Don't wait until you're feeling totally stuck to write the list since you probably won't be at your best and be able to see your natural gifts and talents.

Read it regularly. I'd suggest reading your Evidence List on a regular basis, every day for the first two weeks and then at least three to five times a week after that. It's essential to reinforce new ways of seeing yourself, especially in the beginning. Of course, if you're having a tough time, take it out, and read it. The more you can make it a regular part of your practice, the better. Grab a moment when you're on line or in traffic and grab a peek.

Write it down in your own handwriting. When you write the list longhand, you'll access a different region in your brain that will evoke a far deeper emotional charge. Reading a list in your handwriting is ultimately far more potent than a typewritten list, which can look impersonal.

Start with one list. You can have multiple Evidence Lists, depending upon the particular challenges and ways you'd like to leverage your resourcefulness, but it's best to start with one at a time.

List both personal and professional accomplishments.

Both are equally important.

Keep it simple. Make sure not to have more than eight or ten items listed; five to six is preferable. If you write too many, you'll start to ignore all of them.

Integrate your learning centers. Some of us are kinesthetic learners, others visual, and still others auditory. Many of us are a combination. Utilize your own learning center. If you're someone who learns by listening and moving, make sure to move around and say your list out loud. If you're more visual, still say it out loud but adorning your list with visuals may light up your circuits much easier.

Keep it handy. Fold up your list and carry it in your wallet so it's easy to find.

Be present. Read it out loud and really luxuriate in each of those items listed. Think of each one as a delicious piece of chocolate. You want to take your time really enjoying each luscious morsel.

A client of mine found this Evidence List very helpful when transitioning from a long-standing staff position to venturing out on her own and reconnecting with her love of travel. When she felt panicked about her goal, she'd breathe, read the list, and look at all the previous changes she had successfully made in her life. She calmed down and was able to reconnect with her love of adventure and travel.

Tips for Writing Your Evidence List

Select the top goal or issue you're looking to address in your life. Start with one thing and feel free to repeat using additional ones. (e.g., you want to take your business to the next level: what does that mean?).

Identify the specific challenges and fears you have (e.g., I am not very good at technology, and I'm overwhelmed by how I will be able to handle many aspects of it).

Name themes and fears: Being Overwhelmed, Dealing with the Unknown, Asking for Help, Not Enough Resources (e.g., time, energy, or money).

Write an Evidence List that shows examples in your life or themes where you successfully addressed being overwhelmed, dealing with the unknown, asking for help, and gaining resources.

The project or goal I'm taking on is:

The fear I have around not being able to accomplish it is:

The quality or value I'll need the most to accomplish it is: (tenacity, focus, dealing with disappointment, resourcefulness)

Pick the TOP quality that you'll need. Just select the first one that comes to you.

The different ways I've expressed that quality or lived that value in my life is: (write out a few simple scenarios of where you've expressed that quality or value)

1-

2-

3-