

Performance



Stress



Proactive



Uninterested



Calm



Comfort



The heartbeats of my business

The background is a spring, indicating my business, Real Resilience. The ability to be flexible. Resilience gives you the ability to transform how you think, feel and behave. This, in turn, gives you the ability to thrive in an uncertain world.

Each picture symbolises each aspect of my business but the colours used are important too. I have used very specific colour meanings from this website.

[12 Color Meanings - The Power and Symbolism of Colors \(Infographics\) \(color-meanings.com\)](https://color-meanings.com/12-color-meanings-the-power-and-symbolism-of-colors-infographics/)

Performance

Performance is action. It is doing. It is a positive and active heartbeat.

In my business it is denoted by the meditation pose, surrounded by energy. The connectedness of everything.

It is pink because of the meaning of pink in terms of the symbolism of compassion and playfulness. It's friendly and playful spirit calms and nurtures. This is where I strive for with performance.

It is where I sit when I am in the zone in my business. I am creating, journaling, writing, developing services, developing the business

The heartbeat is red and active symbolising action, strength, energy and passion. In this space I am motivated, courageous and confident.

This is me, in my business, being creative and motivated and developing the business.

Stress

Stress has the same heartbeat as performance but it is full of inertia. The letters are black. Using the negative definition of black, symbolising pessimism and anxiety. It is a head full of stuff, in a body that does very little and gets nowhere. Stuck and not knowing where to turn.

In my business this represents where my client might be at this point in time. Full of stress and not knowing where to turn to or how to get out of it.

In stress the red heartbeat symbolises anger and frustration.

This is me in my business when I feel the full force of being self-employed and allowing myself to go down the rabbit hole of what ifs and worries about money.

Proactive

Proactive has a active heartbeat but is not so pronounced. It is a blue line, symbolising security and trust. It protects and calms.

The image is of a trainer in front of an audience. A key part of the work that I do. Holding the space for my clients. Being supportive and reliable. Helping them to relax and helping them on their journey, opening up to possibilities.

It is an active doing, but it has a stress relief quality.

The words are purple, one of my key brand colours as it enlightens, inspires, uplifts and encourages. It is where wisdom is found and the ability to move forwards.

This is me, in my business, delivering the core services.

Uninterested

Uninterested is grey. It is neutral and unemotional. The person is asleep on the keyboard. Sleeping is the only time that the stress seems to stop for many people. So they do lots of it as a way to avoid moving into doing something about their issues. It can also be avoidance through things that numb the brain.

This is the potential client. People are often in this space when they see me but they know that this is getting them nowhere and they want to move. That is why the heartbeat is still blue. Numbness feels kind of ok. There is a security in avoidance, but they are ready to trust and move to a better state.

This is me when I am overwhelmed. Not able to focus on anything in particular. Flicking channels. Starting lots of things and finishing none of them. Unmotivated and stuck.

Calm

Calm is turquoise. It is compassionate. It is balance. It is where peace and empathy, growth and clarity are achieved. It is where I am at my best, centred and grounded, helping people back to balance. Helping them transform. Helping them work out the puzzle of their situation and finding a way forward.

It is also my personal practice. My meditation, somatic movement and journaling. Walking in nature. My arts and crafts. It is where I am most creative. This is me at my best.

The heartbeat is slow and steady and green. Everything is in harmony. The body in balance, the business in balance. It is one with nature.

Comfort

The brownness of reliable, boring and dull. Urging to stay in the here and now. Don't rock the boat. The person trapped in a glass jar, looking out on life and not partaking.

This is my business procrastination space. Where I have so many ideas and so much on my to do list that I end up not knowing where to start. I turn to the TV and binge watch something. Or I get out the wools and a crochet hook and literally crochet a blanket over me, under which to hide, because it's all too much.

This is often where potential clients can be. Something has to happen to move them to action though. They have to own up that there is something that they need help with.

The heartbeat is still green, but green with envy. Feeling like someone just needs to give them a break. Heaven forbid that they should take responsibility for themselves and get off their arse!!