

# BEING HUMAN

The infinite potential of how we work, lead, and live.



beyond success



## *Hello, I'm happy you're here.*

BY MIRJANA BOZNOVSKA

In the last edition, we talked about creating your year by design. Not just what you want to achieve, but what you want to experience at work and in life. That idea is powerful... until real life kicks in. Because the year you design isn't held together by goals or strategies alone. It's held together by what you practise in the busy, stressful, ordinary moments. And one of the most overlooked places your year is being shaped is....

**The words you repeat to yourself and what you believe about yourself when no one's watching.** *Your inner language doesn't just describe your experience. It influences your nervous system. It shapes your choices. It expands or shrinks your capacity. So this edition is an invitation to design at a deeper level. Not only through your calendar and commitments but also through the way you think, speak, and lead yourself, especially under pressure.*  
**Because what you repeat in your mind becomes what you live out in your days.**

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# NERVOUS SYSTEM CUES

Your nervous system is always listening. Not just to what's happening around you at work... but to what's happening *within* you as it's happening. It listens to the words you use when the day feels heavy. The tone you take with yourself when you're tired. The story you tell yourself when pressure rises. And beneath all of that, it's listening to your deeper beliefs. What you think you're capable of, what you believe you deserve, and what you feel worthy of.

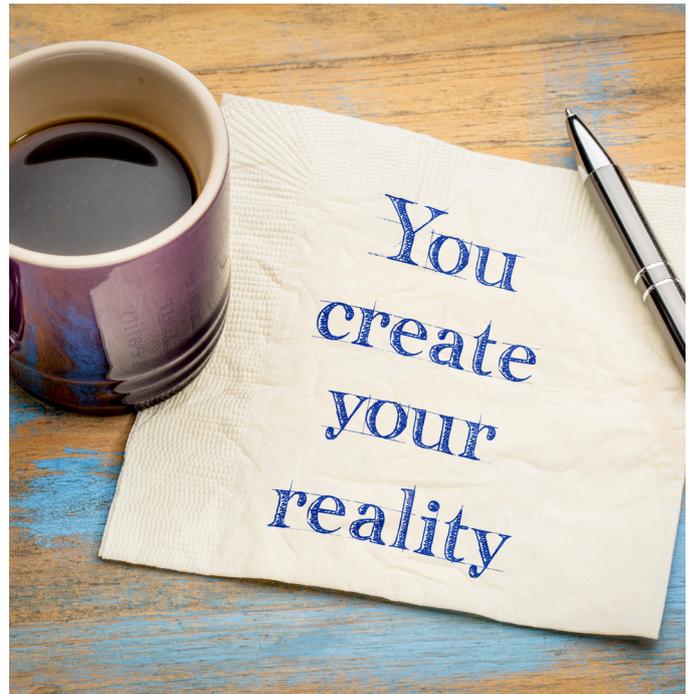
Neuroscience shows that the nervous system is constantly scanning for safety or threat. And language is one of the fastest ways it decides. So when your inner dialogue sounds like:

*"I can't do this."*

*"I'm behind."*

*"This always happens."*

Your nervous system reads that as danger. Heart rate increases. Breathing shortens. Perspective narrows. You become guarded and shift into survival mode.



Not because anything is wrong with you. Because this is how humans are wired. And here's the workplace truth that matters even more: we don't just regulate ourselves; we co-regulate. Our nervous systems sync with the emotional tone of the people around us. Which means the environments, conversations, and relationships we spend time in are constantly shaping how safe or stressed our bodies feel.

*Spend time in urgency, and your system learns urgency.*

*Spend time in anxiety, and your system learns anxiety.*

*Spend time in calm, and your system remembers steadiness.*

This is why energy is contagious. And why the year you designed will only be sustainable if your nervous system feels supported, not constantly on alert.

So yes, design your goals. Design your calendar. But also design what's underneath it all. **Your inner language and the energy you allow around you.** Because that quietly determines whether you live from intention...or from survival. **And the sum of that in the workplace becomes the culture you experience. A culture of survival or a culture of growth?**

# Patterns Not Goals

Here's something science is very clear about:

**Your brain doesn't prioritise goals. It prioritises patterns.**

That's why you can set clear intentions and still find yourself reacting the same way when pressure hits. Not because you lack discipline, but because much of your behaviour runs on autopilot.

Your brain is designed to conserve energy. It defaults to what's familiar, predictable, and already known. Which means real change at work or in life isn't about trying harder; it's about noticing what you keep repeating.

So the real question isn't "Why can't I stick to my goals?" It's **"Am I designing my patterns or reacting to them?"**

## *The Hidden Program Behind Your Choices*

Your identity quietly shapes how you move through your day. It influences:

- what you notice and ignore
- what you believe is possible
- what you feel worthy of
- the risks you take or avoid

Most of this happens without you realising.

If the belief is *"I'm bad with money,"* your brain will filter reality to confirm it. If the belief is *"I'm not creative,"* you'll overlook evidence that says otherwise. These aren't facts. They're stories, repeated so often they start to feel true. And this is where self-awareness becomes freeing. Because the moment you start noticing how you react, what you protect, and what you repeat... you step out of autopilot.



### **In a high-pressure meeting**

*Old pattern: "Don't say the wrong thing."*

*New pattern: "I can contribute one clear point."*

### **When feedback feels heavy**

*Old pattern: "I've failed."*

*New pattern: "This is information, not identity."*

### **When workload increases**

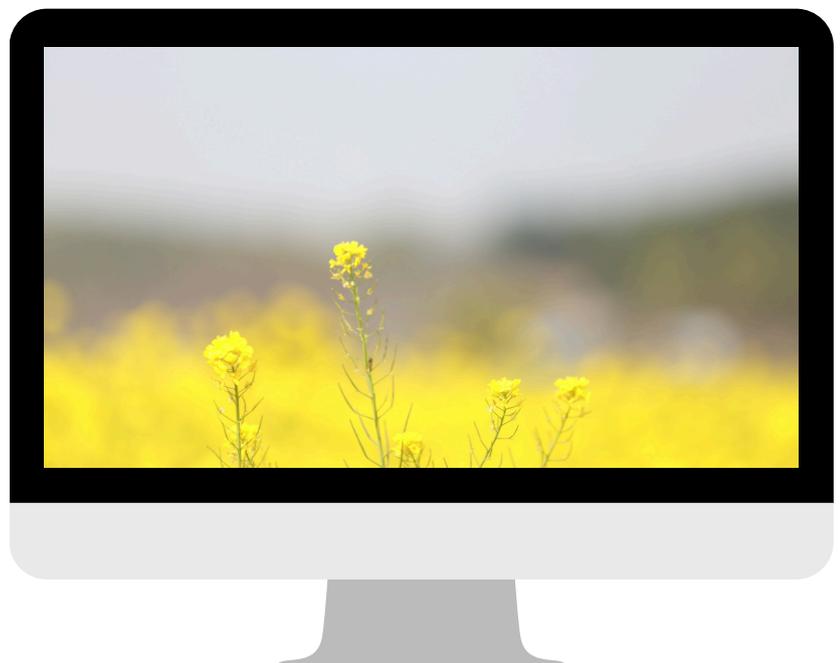
*Old pattern: "I can't handle this."*

*New pattern: "I'll take this step by step."*

These shifts sound small. But practised consistently, they change how your brain responds under pressure and how you show up over time.

## *A Being Human Truth*

You cannot change what you keep ignoring, excusing, or romanticising. You change what you're willing to see, clearly, without stories. That's how chaos turns into clarity.



# Questions that Change Stories

Bold questions have the power to interrupt patterns at the root. They slow you down just enough to notice the story you're living from and decide whether you want to keep it. Courageously ask:

## 1. What story have I been telling myself for years...who would I be without it?

Your identity is often a collection of thoughts repeated over time. This can sound like:

- "I'm the shy one."
- "I'm bad with money."
- "I can't lose weight."

These aren't facts. They're familiar stories. And familiar doesn't always mean true.

**Daily action:** Write the story down, label it "old pattern". Replace it with one new sentence to practise today.

## 2. Where am I choosing comfort over growth?

Your brain craves comfort because comfort feels safe. This can sound like:

- "I'll pass... what if I fail?"
- "I'll stay quiet... it's safer."
- "I'll start later... I'm not ready."

Imposter syndrome often lives here, not from incapability, because growth feels unfamiliar.

**Daily action:** Do one small brave thing today: ask the question, share the idea, take the step—even if it's not perfect.

## 5. If my outer world is reflecting my inner beliefs, what is it showing me right now?

Your environment is feedback. If work feels draining, it may reflect a belief that "*success requires struggle*." If you keep overgiving, it may reflect "*I have to earn belonging*." This isn't about blame. It's about cultivating awareness. Because awareness creates choice.

**Daily action:** Pick one recurring frustration and ask, "What belief is this revealing?" Then choose one boundary or new behaviour that matches the belief you want to live by.

## 3. Where do I self-sabotage without realising it?

Self-sabotage isn't conscious. It's protective. It shows up as:

- procrastinating on meaningful work
- quitting just before momentum builds
- keeping your heart guarded

These are patterns your nervous system uses to keep you "safe," at the cost of your growth.

**Daily action:** Identify your most common sabotage pattern and interrupt it with a 10-minute start. No finish—just start.

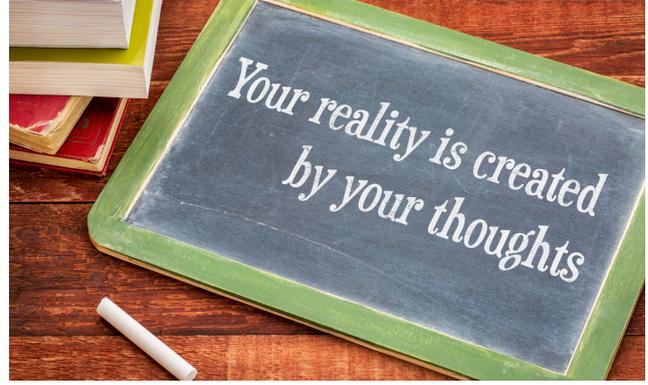
## 4. If I believed I was worthy and capable, what would I do differently today?

This question cuts through noise. Maybe you'd courageously:

- Have the conversation
- Apply for the role
- Launch the thing you keep postponing

Often, what's holding us back isn't lack of skill; it's a belief we've never questioned.

**Daily action:** Choose one action your "worthy self" would take today, and do it in the next 24 hours—small counts.



## Practical Thought Shifts

After those questions, you may already be noticing something. A familiar story, a default reaction, a pattern you've been living from. When work or life feels overwhelming, the mind often grabs the harshest interpretation. Here's the uncomfortable truth: a lot of our stress comes from the story we attach to what's happening. One moment becomes a whole story, and that story can weigh more than the situation itself.

That's also good news. Because when you soften the narrative, you reclaim clarity and capacity. This is neuroplasticity in action: your brain reshapes itself based on what you repeatedly think, say, and practise. It doesn't check if a thought is true; it strengthens whatever you rehearse. So this isn't about pretending everything is fine. It's about choosing language that keeps you resourced enough to respond rather than react, especially at work.

### Limiting Thoughts

They sound like:

- "I'm overwhelmed."
- "I'm alone in this."
- "I messed this up."
- "I can't make a difference."
- "This will never change."
- "Nothing I do matters."
- "I have to get it right."
- "I'm falling behind."
- "Life is against me."
- "This is so unfair. I feel I don't have control."

### Empowered Thoughts

They sound like:

- "I can pause to gain clarity."
- "I can ask for support."
- "I'm learning as I go."
- "Small actions still matter."
- "This moment will pass."
- "My actions create ripples."
- "My best is enough today."
- "My pace is my pace."
- "What can I influence now?"
- It feels unfair, and I can choose my next step."



## Human Reset

### Begin the practice of noticing your thoughts

*You are not your thoughts—  
you're the one who notices  
them.*

*On a good day, write 2–3  
thoughts you believe about  
yourself.*

*On a hard day, write 2–3  
thoughts you default to.*

*No judgement.  
Just awareness.*

*Because change begins the  
moment you can see the  
pattern.*

*Then: reset. realign. restart.*

**Remember each thought you  
practise is shaping the story  
you believe about yourself.**

## Real-Work Examples

### Workload—Overwhelm → Clarity

Old Pattern: You see the workload piling up and push harder; everything becomes urgent and messy.

**Human Reset: Pause. Prioritise. Ask.**

“What are the top three priorities this week, and what can wait?”

By creating clarity first, you replace chaos with focus. People feel steadier, decisions improve, and capacity stops being ignored.

### Meetings—Silence → Contribution

Old Pattern: You stay quiet to avoid being judged; you leave the meeting feeling invisible or frustrated.

**Human Reset: Ground. Share one point.**

“I’m going to offer one perspective here, and be confident in that.”

By contributing one clear thought, you build confidence and presence. Over time, your voice becomes a pattern, not a risk.

### Conflict—Avoidance → Truth

Old Pattern: You avoid the conversation to keep the peace; resentment builds and the issue grows.

**Human Reset: Pause. Be honest. Stay kind.**

“Can we name what’s not working so together we can move forward?”

By choosing truth over tension, you create clean communication. The relationship strengthens because reality is finally on the table.

### Boundaries—Overgiving → Self-Respect

Old Pattern: You say yes automatically to prove yourself or help; you stretch past capacity and feel depleted.

**Human Reset: Check capacity. Respond clearly.**

“I can do this, but not by Friday. What would you like me to reprioritise?”

By naming capacity, you model sustainable leadership. Standards stay high, without self-abandonment.



# *BEING HUMAN*

## *the work of letting yourself be seen*

Carl Jung said, ***“Loneliness does not come from having no people around you, but from being unable to communicate the things that seem important to you.”*** Loneliness is one of the great challenges of our modern world. And it’s rarely about empty rooms. It’s about carrying words you don’t know how to say and truths you don’t feel safe to share. Often, it’s reinforced by the thoughts and stories we tell ourselves: *“I don’t want to be a burden.” “They won’t understand.” “I should be able to handle this on my own.”* So often, what we call loneliness is really being unseen in the places we show up. Healing our patterns is learning to speak what matters most, so you’re no longer alone with it. It’s the work of letting yourself be seen. Letting yourself be known. Not for who you perform as... but for who you really are.

So here’s a courageous practice to carry with you this week:  
Share one true sentence with someone you feel safe with.  
Not the polished version, the real one—your authentic self.



*“Courage to heal the thoughts that keep you hidden enables you to be seen for who you truly are.  
Until next time, let your humanity lead.”*

— MIRJANA