ACTION · GUIDED AUDIO

The Power Up Contemplation

Turn a challenge into raw material for growth.

When things feel heavy, uncertain or frustrating, your mind often rushes in to help, but not always helpfully. It might overthink, try to fix, numb out or shut down completely. That's your inner critic, trying to protect you by staying in control. But the kind of growth that actually shifts things doesn't come from analysing harder. It comes from your inner coach.

Listen to the Power Up Contemplation
11 minutes. Find a quiet moment, settle, and press play.

The practice

Life's challenges are chances to build the qualities that help us respond wisely and keep moving forward, now or later on. This short guided contemplation invites you to bring a real challenge to mind. You won't be asked to fix it or figure it out. Instead, you'll hold it differently: less like a problem to solve, more like raw material for growth.

You'll reflect through five qualities: Compassion, Curiosity, Clarity, Creativity and Courage. Each one supports a different kind of inner shift. Together they help you step out of autopilot stress and back into your wiser, steadier self.

Why it works

When something difficult comes up, your brain's default is to treat it like a threat. That shuts down your creative thinking and switches on survival mode. This contemplation brings a different part of your brain online, the part wired for perspective, empathy, insight and action. The challenge is the same, but you're holding it with more space, wisdom and inner strength. That changes everything.

How to use it

1. **Pick a challenge.**
   Something real but not overwhelming, around a 6 or 7 out of 10.

2. **Find a quiet moment.**
   Sit, settle, and press play.

3. **Jot it down afterwards.**
   Anything that felt useful, insightful or surprising. These prompts from the contemplation can help.

Compassion

What fears, needs or expectations might be underneath this? How could I offer myself (or the other person) the compassion I'd offer someone I love?

Curiosity

What stories might my inner critic be making up? What else could be true? What could I learn from this?

Clarity

What truly matters here, and what doesn't, even if I've been worrying about it?

Creativity

What ideas haven't I explored yet, even ones that seem silly or impractical?

Courage

What's one small, sufficient step I could take to move my favourite idea forward?

A final thought

You don't have to solve everything today. But you can change the way you're holding it. And often, that's all it takes to start changing things.

The Alt Academy

WHERE TO GO FROM HERE

Hi, I'm Sol.

I'm a mental fitness trainer. I help values-led people tame the self-critical voice that tells them they're falling short, so they can enjoy making a difference without burning out.

Think of it like having a personal trainer, but for your mind. We're not fixing what's broken. We're training the skills that help you stay steady, think clearly and act on what matters, one small rep at a time.

Your mission matters. And you matter too.

1:1 COACHING

Work through it, one to one

Start with whatever is on your mind right now, at your pace.

MENTAL FLOW

A 6-week group programme

Train awareness, acceptance and action, with short daily practices that stick.

CHANGE:MAKER COLLECTIVE

Join the community

An online community for sustainability and social change professionals.

TEAMS AND COMMUNITIES

Bring it to your people

Workshops and sessions for workplaces, wellbeing spaces and member groups.

Find where to start: thealtacademy.co.uk/start

Or book a free call. No pressure, no pitch.

Or read along with my newsletter, From the Centre.

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