



# BUILDING POSITIVE SELF-ESTEEM

NEXT DAY Q&A

Find Your Highest Values And Spend Your Life Living Up To Them.

Get fit, attain the right weight and become physically strong.

Connect with your inner spirit - OFTEN.

Practice "You First" in as many areas of your life as possible.

The best version of "You First" is the Personal Success Routine.

Check your reminders and Self Image toolbox regularly.

Handle your baggage sooner rather than later.

Contribute to your community, country, culture...

Forgive others as practice for forgiving yourself.

Let go of FEAR - it's an illusion. Embrace LOVE.

Seek challenge as a means of creating vibrance & vitality.

Remind yourself that you are not your results.

# COMMON BOTTOM LINES

Story/Belief	State	Evidence	Emotions
I'm Not Good Enough	Guilt	Failure at the last moment. Inability to get projects/targets across the line. Unwillingness to participate. No sense of really belonging. Negative comparisons with others. Easily wounded/take offence.	Distrustful. Holding back. Aloof. Lack of joy. Fear of failure.
I'm Unworthy	Shame/ Guilt	Heaviness of spirit. Negative view of self. Social anxiety. Lack of purpose. Why am I here? Whats wrong with me? Feelings of insignificance.	Hopeless. Depressed. Anxiety. Grief. Stress. Sadness.
I'm Unloveable	Shame	Push me, pull you... Difficulty feeling self worth. Struggle to take care of self. More than one long term, failed relationship. No sense of being truly loved despite evidence. Toxic relationships.	Dis-connected. Empty. ( <i>Vacuum</i> ) Distrustful. Insecurity. Depressed. Oversensitivity.

# STRATEGIES FOR CHANGE

