



*Life Enhancement Coaching Challenges for Self Advancement*

**You can cease eroding your Self Confidence and Self Esteem with accurate Self Images:**

There is some part inside each of us that records everything we say and hear and believe about ourselves, and this forms and reforms our self image, and our self image will determine how much success and how much failure we each will experience. An example is that no matter how hard a person trains and prepares, and how hard they try, if they see themselves as a loser, they will never win at whatever they are attempting. Another example is how the rich always seem to get richer and the poor usually stay poor - each would have self images that reflect what they are experiencing as their lot in the world. The rich image themselves as rich and the poor image themselves as poor - thus the different images get outpictured as validation of the inherent creative imagining genius of Soul. History shows endless examples of people changing their self image, showing that with enough desire and determination, a loser's self image, can be changed to that of a winner in all aspects of life.



How often do you make erroneous statements about yourself .....statements that form a self image that you really don't want ? A popular error is to wrongly identify what we do, as who we are, eg....

<b>We say this ;</b>	<b>.....</b>	<b>When actually the truth is more like this ;</b>
I am a carpenter		I am consciousness, soul, and I am working as a carpenter.
I am a student		I am consciousness, soul, and I am studying.
I am an alcoholic		I am consciousness, soul, and I am expressing alcoholism.
I am stupid		I am consciousness, soul, and I have done something stupid.
I am tactless		I am consciousness, soul, and I have said something tactless.
I am a good boy		I am consciousness, soul, and I act in ways our society values as good.
I am wrong		I am consciousness, soul, and something I have said was not correct.

**Think about some error statements you make about yourself** ....and how you could reword any statements you say about yourself so that you separate who you are ( *consciousness - I am - soul* ) as distinctly separate - and add what you want. .e.g. " *I am broke* " . to .." *I am a person who does not have money at this moment, and that is only temporary* " ( *p.s.* Choose to cancel yesterdays limits )

- 1 to....
2. to....
3. to....
- 4 to....
- 5 to....
- 6 to....
- 7 to....
- 8 to....

Listen to yourself from now on and experiment with rephrasing your words inside yourself - adding on the qualities you really want) - so that you are continually reforming self images that bring you the experiences of life as you choose. See how you have choices that can change your quality of life.



I am a Seed for Self Advancement. I do hope that you will experiment to see if you can use me for your own advancement. If you re-use me over a few weeks you will discover how you can be more in charge of your own destiny.... realize how your choices of how you, soul, imagine yourself to be, will outpicture as your status and the quality of life. For taking charge of your life there are also Seeds for Self Esteem and Seeds for Encouragement for support to be the captain of your ship ...you can freely print out these and heaps more from our web site. If you need uplifting, encouraging, inspiring or to feel good, go to [www.goodwillpeople.net](http://www.goodwillpeople.net)