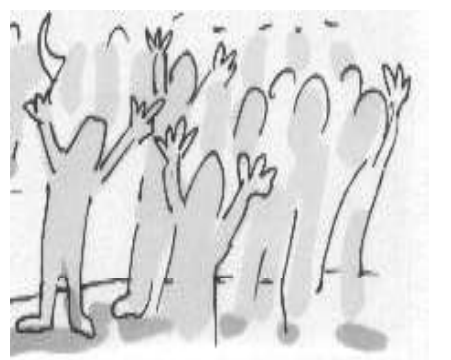


Life Enhancement Coaching Challenges for Self Advancement

This challenge is Honouring the Best Friend you will ever knowand Having the world treat you more as the V.I.P. that you are..... and it is a worthwhile challenge. In the whole world there is no other person who can know you and care for you as you can for yourselfNo one else can give you the qualities of friendship as you can give them to yourself. *AND*, there is no other person in the whole world who is exactly like you in every respect ...when considering the whole scheme of things, this makes you a Very Important Person to yourself and a very important person for the Global Family as a wholeVery Important because without you the world would not be exactly the same without you there would be something missingand that something is an equally important face of the whole - because you are unique and no one can contribute exactly as you do, even though you may not be fully aware of how the music note that is you is just as needed as every other music note to have the symphony of human kind. Think of this and you may realise how each human is unique and precious - otherwise they would not be here at this time. Think also of how others treat you and in this how life can be so much like a mirror reflection of ones' inner states Have you noticed how life treats people is so often like a mirror of how each person treats themselves. You can use all this to your advantage by making the decision to treat yourself as a V.I.P. ...then see how others treat you in a similar manner. Choose one thing each day that you will do to show yourself that you can be your best friend - an action, or an attitude, or a feeling - do it as a reminder statement to yourself that you realise that you are a V.I.P. and as this message saturates your aura others will subconsciously read it and reflect this back to you – and that makes a good day potential !.

For treating yourself as a V.I.P. and your own best friend, try out some of these ideas ;

- * Avoid saying anything unfriendly about yourself.
- * Be patient with yourself.
- * Look for the advantages in a recent adversity.
- * Write yourself a love letter.
- * Refuse to be hurried.
- * Find 3 ways you can be more enjoyable to live with.
- * Check the balance in your life in regard to work and play - rest and activity - excitement and calm
- * Close your eyes and sweetly and gently sing your own name to yourself for 15 minutes.
- * Treat yourself with dignity, respect and charity.
- * Don't demand of yourself to do everything perfectly.
- * Program your inner response mechanism so that feelings of depression always lift you to joy.
- * Use everything to your advantage.
- * Don't let your past influence your present or future.
- * Take responsibility for your own needs.
- * Receive every compliment as true.
- * Meditate on the stillness inside.
- * Trust your own opinions.
- * Give yourself the credit you deserve.
- * Just be yourself - to heck with others' opinions.
- * Refrain from putting yourself down
- * Base your decisions on your inner heartfelt direction rather than someone else's shoulds or shouldn'ts that do not support you.
- * Refrain from complaining about yourself.
- * Be above judging or condemning yourself or others.
- * Be above sulking, brooding or carrying grudges.
- * Be lifted by lifting others.
- * Examine your values and rules - question if each one is serving and supporting you.
- * Reward yourself when you have earned it.
- * Practice smiling with your eyes.
- * Give yourself the stamp of approval - often.
- * Be with people who nourish and support you.
- * Have adequate nourishing food.
- * Freely accept affection and compliments.
- * Avoid measuring yourself against anyone else 's standards or their self chosen beliefs.
- * Take time to be alone with yourself.
- * Avoid trying to win approval by being at other people's beck and call.
- * Keep all agreements you make with yourself.
- * Learn from others' criticisms, or their informing and advising you.
- * Be true to yourself - say yes or no when that is present inside as your truth.
- * Trust your inner voice of intuition.
- * Give yourself the benefit of the doubt.
- * Forgive yourself 7 times 70 and forget what you've forgiven.
- * Make it O.K. to feel the full intensity of your feelings - then decipher their messages for your advancement.
- * Be understanding of others weaknesses and limitations.
- * Form your own satisfying philosophy of life.
- * Give your living area a spring clean.
- * Reorganize an area of your life that has been producing irritation.
- * Experience the joy of serving others.
- * Bring order and harmony into your life and affairs
- * Take any pressures off of yourself.
- * Stop resisting what's going on, and flow with life. etc. etc. etc.....



I do hope that you will experiment to see how you can use this concept for your advancement. Do not allow any judgements or messages from other people's rules and values to be a cause for stopping you from experimenting with treating yourself as a V.I.P. for discovering how your quality of life can be enhanced with these attitudes towards yourself. There are lots of other Seeds for Self Advancement and Seeds for Self Esteem and Seeds for Encouragement for giving yourself a good life ...you can freely print out these and heaps more from our web site. When you need uplifting, encouraging, inspiring or to feel good, go to www.goodwillpeople.net