



***Life Enhancement Coaching Challenges for Self Advancement***

**You can give yourself a Winning Personality.....** yes you can ! Its just a matter of making the effort to set some winning personality habits .... Choose the personality qualities you want more of and then consciously repeat **acting as if** those qualities were your natural nature ....then sooner than you think those qualities will start appearing without any effort ....just like any habits is formed, from repetition, you can form the habits that will give you a winning edge in the personality stakes. The rewards will be well worth the efforts it takes - and as you are setting the habits of a winning personality you will be enhancing the quality of your life. Pick one personality quality and make a decision that for 3 days you will **act as if** his quality was normal for you.

**You can make a list of personality qualities** you admire in others and simply emulate them ...or if you are stuck for ideas try picking something from this list to act out for 3 days;

- \* To stop putting myself down and treat myself with more kindness.
- \* To be involved in new and interesting adventures.
- \* To have the strength and honesty to ask for what I want.
- \* To be enthusiastic about my life and my ambitions.
- \* To allow myself to be imperfect.
- \* To develop my sense of humour, laughing more and not taking life so seriously.
- \* To be the changes I want to see happen, rather than attempting to change others.
- \* To find ways to reach out and bring happiness and upliftment into another's life.
- \* That I see myself as a good person, useful and productive.
- \* To live one day at a time, releasing the past and not worrying about the future.
- \* That I be guided by my humour, wisdom and intelligence.
- \* To learn to listen to my wisdom and how to apply it in my life.
- \* To have peace and harmony in my life.
- \* To realise no-one is better or worse than me - everyone has the same potential.
- \* To see every new day bringing opportunities for growth and expansion.
- \* That my body functions perfectly and comfortably.
- \* That I not try to control and manipulate others.
- \* To be able to say "NO" if I choose to.
- \* To be able to say "YES" if I choose to.
- \* To give up limiting yourself and accept that all good things are possible.
- \* That I rely on my own integrity and not depend on other peoples' opinions.
- \* To keep my thoughts positive and not give in to discouragement.
- \* I become creative and original in my thoughts.
- \* To appreciate beauty more.
- \* To know what is correct for me in this moment of now.
- \* To enjoy my company and be my own best friend.
- \* To perceive everyone as beautiful exactly as they are.
- \* To be able to share what is true for me. keep my heart open.
- \* To be more accepting of myself and others.
- \* To be a good listener and show more compassion.
- \* To focus on seeing more of the good in others.
- \* To focus on seeing more of the good in myself.
- \* To be kind and friendly.
- \* To be patient and relaxed.
- \* To smile more often.
- \* To forgive myself and others for their real or imagined short comings.
- \* To be calm and happy during minor annoyances, such as traffic delays and walling in lines.
- \* That I be able to make decisions quickly and wisely.
- \* To slow down and take it easy when I want to.
- \* That I accept and enjoy my friends as they are without trying to change them..
- \* To have greater control and direction when I'm in uncomfortable situations.

**When you have decided** on something you want to have more of in your personality you need to see how it fits for you. To do this you can use your imagination to get an imaginary experience of how you feel and how others respond to you with that personality quality more prominent. If you like the feel of what goes with emulating a new personality quality in your imaginary world and you decide to add that to your expression then each nigh before drifting off to sleep, run the movie of you with this new personality quality and the enjoyment of all the success it brings you in your imagination world as a fate accomplished - as though it is really real. Then in the morning make the decision to *act as if* you always have had that specific personality quality ...as though it is quite normal for you to be the way you previously admired in another person. Make the effort for a few days and see how the personality quality becomes a natural expression .....just like habits run automatically.

I do hope that you will experiment to see how you can use this concept of 'acting as if' for your advancement. If you make a sincere effort you will see how you can advance yourself with a winning personality, no matter what your present circumstances are ...because the only limits to you having a winning personality are the limits you choose to allow. 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](http://www.goodwillpeople.net)

