



## 7 Powerful Strategies to create Your Impenetrable Self Esteem

*Whilst relationships with others nurture us, support or provide meaning in our lives, **The Most Important Relationship we have, is the one we create with ourselves.** If it is strong, powerful and loving it can be like a tree trunk, it can withstand any storm and support the growth of the branches of other relationships in your life*

- 1. Each day place a positive loving focus on a different personal trait, behaviour or physical aspect of yourself. Your contagious laughter, the effective way you communicate with certain people or the curve of your eyebrow. In time you will begin to glow from within. Note the increasingly admiring feedback from others as you continue*
- 2. Each day choose someone that you believe needs your attention and offer it without the expectation of reciprocity. A compliment, a conversation centred on their life, an act of spontaneous generosity. An affirmation posed as a question, "I have a problem with this... I notice you deal with it really well, how do you do it?"*
- 3. Starve the doubt monster. Replace the negative self talk with strong affirmations - Self talk "I can't do this" with **"I am the most competent person I know"**. Imitate the competency of another for that task*
- 4. On commencing new or challenging tasks plan the rewards first. A brief walk outdoors, call a friend, lunch with someone scintillating. If overwhelmed, think commencement vs completion. Set specific times to pause and reward yourself*
- 5. Keep your heart channel open. Focus on your heart space and speak to others through this portal, by linking an invisible silver line, a connection from your heart to their heart. You will sound more sincere, empathic and suddenly you will become **MUCH MORE LIKEABLE***



***“I FEEL INVINCIBLE”***

6. *If a goal appears elusive, such as forming a new relationship, or career advancement, commence a week of self observation. Assess your thoughts and behaviours according to the criteria of moving towards/moving away from your desired goal. Change the undesired behaviours, one at a time. Reward yourself*
  
7. *Use the ‘**No thought Creation**’ model, to wish or set your desired life objective. Believe. Then dismiss it from your mind. Starve the doubt monster. Avoid sharing your dreams with others until they are fully entrenched within your psyche- your soul. Never, ever give up!*

*Thank you so much for giving me the opportunity to share some of the information/skills that I have gained over the years in the very fascinating topic of self and other observation.*

*I offer these “ pearls of wisdom ” to you, as a mother of 3 children, Confidence Executive/Business/Life Coach, Business Advisor and Profiler and mortal with all the usual human foibles.*

***I am always developing some area of my life, yet the development areas continue to proliferate!***

***I wish you a great life full of self and other love where you achieve all your desires.  
Well most of them!***

***Marina Alexander***

***Successglobalpeople***

