The 15 Invaluable LAWS OF GROWTH

LAW 3 — MEETING 3 The Law of The Mirror

You Must See Value In Yourself And Add Value To Yourself

I. A Look In The Mirror – The Power Of <u>Positive Self-Esteem</u>

- A. Self esteem is the single most significant key to a person's <u>behavior</u>
- B. Low self esteem puts a ceiling on our <u>potential</u>
- C. The value we place on ourselves is usually the value <u>others</u> place on us.
- D. "If you place a small value on yourself, rest assured the world will not raise the price."

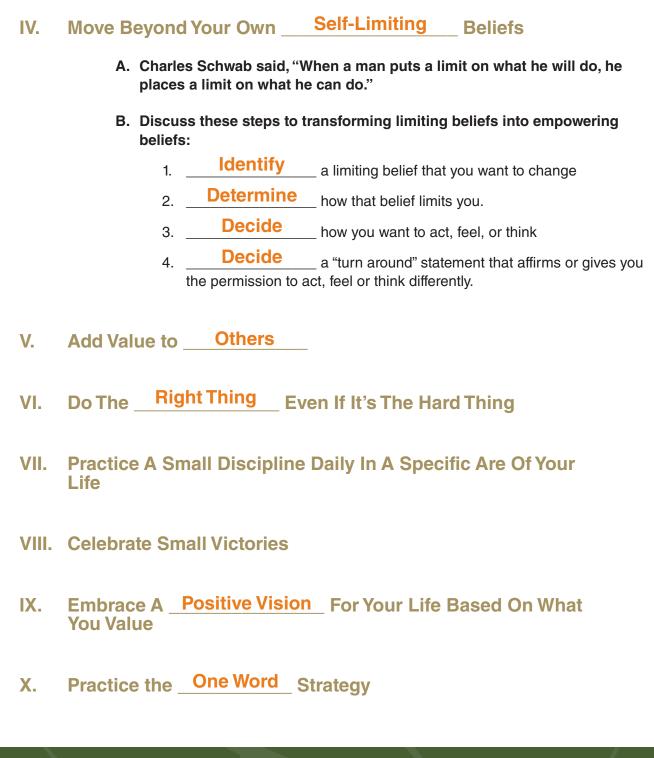
II. Steps to Build Your Self-Image

- A. Guard your <u>self-talk</u>.
- B. What we "Say" about ourselves, we tend to believe. What we believe, we tend to act. What we act, we tend to become.
- C. No World record was ever set by someone who said, "I cannot do this"

III. Stop <u>comparing</u> Yourself To Others

A. Making comparisons is an amazingly powerful attraction that is really just an unneeded distraction to your own potential.

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OVERCOME GROWING PAINS

(Specific Steps to Amazing Growth)

- Make a list of your best personal qualities.
- Review this list daily and add more as your awareness of yourself rises.
- It is known that "self-Talk" has a powerful effect on those who practice it: Negative self-talk to the negative and positive self-talk to the positive.
- Write down some positive self-talk narratives that you can review each day.
- Find a place to display positive statements about yourself that you can read each day. Track how often you practice positive self-talk
- Make specific scheduled time each day to focus on others. Write down other people's positive qualities and find a way to mention these things to them.
- Find specific activities that by their nature focus on other people.

Read the next chapter this week - The Law of Reflection