HOW TO MANIFEST YOUR BEST LIFE BY USING

THE SUPER SELF-ESTEEM PROCESS

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YOU POSSESS THE INHERENT POWER TO SUCCEED

Over the course of the past 30 years, my research has been in the arena of supporting people to build soaring self-esteem and live their best lives. This E-Book is the transcription of a seminar I did to support thousands of people to gain the essential principles needed to live in happiness, abundance, fulfillment, and harmony.

I've discovered that when people *aren't* living their best lives, whenever they are struggling, whether that be in relationships, in the area of their careers, with abundance and prosperity, poor health, that is, no matter what the significant deficiencies are in their lives, they all trace back to one common element - diminished self-esteem.

And the opposite is true as well. When we're able to elevate self-esteem, people become happier, they become more fulfilled, they become better able to communicate and relate with people. Their energy shifts. And so they start to attract more happiness, abundance and good things into their lives. And they start to *expect* more great things to happen to them.

So when one elevates their self-esteem, not only do they pre-pave more blessings to come into their lives, but they now start attracting the things that they need to grow and to live their best lives and to enjoy the process at the same time.

THE ORIGINS OF DIMINISHED SELF-ESTEEM

The process of diminished self-esteem typically happens early on in life, usually before the age of six. One of two things usually happens: someone says or does something that results in the other person getting the idea that there is something significantly defective about themselves. Perhaps they might say something that's derogatory about the person whose self-image becomes damaged. It could be a bullying episode, spanking, or perhaps an ethnic slur.

Someone says there's something wrong with you such as “You are stupid. You're ugly. You look funny. You don't fit in. You're flawed in some significant way.”

Or somebody can say something very innocently. For example, your mother might say, “What's the matter with you?”

And you think Well, let me look… "I guess there **is** something the matter with me!"

But it doesn't matter if someone says or does something that causes your self-esteem to diminish, or you buy into some negativity or you make something up yourself by interpreting something incorrectly that diminishes your self-esteem. The result is always the same. From that point onward, you start to see the world through distorted glasses. You start to actually believe that there is something wrong with you. You made that up, or you've bought into it, but now your energy shifts as a result. So you start acting differently, you start protecting yourself, you start becoming guarded, you start putting others off, you start doing things that will cause it to become a self-fulfilling prophecy.

And so, as days and then years and then decades go by, you've absolutely created thousands and thousands of pieces of evidence that say that not only is something wrong with me, but I'm just basically flawed. I'm not good enough, I'm unlovable, I'm somehow defective. And you come to project that energy into the world.

You *become* the self-fulfilling prophecy that causes you to self-sabotage. And over the course of your lifetime, you lose sight of the fact that you bought into somebody else's negativity, or you made things up that don't support you. And after a while you just end up living in this resigned mode where you become apathetic, and you think there's nothing that you can do about this. You believe "It's just the way I am." "I was dealt a bad hand," so to speak. And you now start to live in resignation. This has many ways of manifesting itself… Perhaps you may suffer and feel trapped in abusive relationships that don't serve you. You may settle for a job that is beneath your capabilities. You think that you're not intelligent enough to create the career of your choice, so you settle for less.

Low self-esteem often becomes pervasive in many instances, in all areas of your life. Some people suffer from diminished self-esteem in one area of life… like their health, their relationships, their abundance level, their ability to have fun and enjoy life, the ability to have a fulfilling spiritual life or fully embrace personal development.

Other people find that their negative self-talk is pervasive and results in a lower quality of life in all of these areas.

So the good news is… because it's a lie, and if you're living a lie that says you're not good enough, that you're flawed in some significant way, that there's something wrong with you, that your condition is irreparable… That's the lie.

And the good news is that you can shift out of that thought like flipping a light switch with three significant steps.

1. You can heal and complete your past so that the things that you made up about yourself early on in life and continuing onward to this day, no longer have their effect on you.
2. You can do a proper assessment of your life right now and look at what's working and what's missing, that if put into place will support you to move forward powerfully.
3. You can design a future in choice and that future can be not only rewarding and abundant but be characterized by great relationships and fulfilling work and all the things that you want in life.

Let's delve further into this…

COLLAPSING FACTS WITH INTERPRETATIONS

Perhaps you decided that "I'm not good enough in all these areas. (health or appearance, wealth or finances, career or occupation, relationships, having fun, or spiritually flawed) I'm not smart enough. There's something significantly wrong with me. People don't like me. I don't fit in. I'm imperfect… whatever you have made up about yourself that does not support you.

And so moving forward, it's important to separate out the interpretations you created from the facts relevant to any upsetting situation.

The same upset that we incurred at age three or four or five or six or whenever that happened early on, is a different version of a similar upset that we experienced last night or yesterday or the week before with your spouse, with your co-workers, with your neighbors, with people that we meet on the street, or whoever it may be.

It all began early on in life, when we made up something about ourselves that somehow we didn't fit in. We weren't worthy. We weren't good enough. We were somehow flawed. We also made up something about other people. Perhaps we decided that other people are mean or cruel, selfish, unforgiving, whatever resulted from our own personal experience.

Following this early upset, we also made something up about the world in general. Perhaps, that the world's a dangerous place, if that was our experience early on. Or maybe we made up that the world is full of bad people. Or maybe we made up that the world is full of scarcity and that there is lacking abundance. Perhaps we decided that we just have to accept it because other people are abundant, but I'm just not smart enough to tap into that.

The key here is to separate out what happened from what you made up about it.

And so let's start by reflecting upon your childhood early on. If you look back on your childhood, you may be able to remember that first upset, that is, the first time that you thought that there was something wrong with you. And it could be that you were so young that you may have had this thought before you were even verbal. One of my clients recalls when he was sitting in his car seat and his mom went into the store to get something for a minute, and he woke up thinking that he had been abandoned. In that brief moment, he decided that he must be unlovable because of this experience of being abandoned at age one.

Other people experience various stages of upset throughout their lives. It might be an abusive situation when a little girl was 13 years old. It could be an upset when a little boy at six years of age was called an ethnic slur down at the playground. It could be a spanking that somebody receives at a young age. It's so pervasive and there are literally millions of opportunities to invalidate ourselves.

RECALL YOUR EARLIEST UPSET IF YOU CAN

So, if you can remember an early upset, the thing to do is to be okay with the fact that it happened. Take the interpretation that will support you that says that wherever we are in life, all experiences are there for our benefit and for our well-being. And even those traumatic episodes that we hate, be they abusive episodes or very painful ones that we've experienced, they are ones that contributed to us in some way.

These upsets occurred for our personal development and for our spiritual and soul growth. We have the ability to overcome those upsets and the pain in our lives by looking at the big picture and reinterpreting how it made us wiser or more empathetic, how it supported us in some significant way moving forward.

And for those of us who can't remember an early upset, it doesn't matter, because we've literally recreated those upsets thousands and thousands of times over the course of our lives, no matter how old we are.

Here is an exercise that you can not only learn now, but I encourage you to journal this exercise every time you experience an upsetting event.

Whenever you're in an upset, that is whenever you have an emotional reaction to something that was said or done, or where there's something off in your life that's upsetting to you, try this...

So, let's start from the beginning. Someone says or does something that triggers you. When it occurred doesn't matter. Whether it's an early upset from your childhood or it happened yesterday or last month, you're going to ask yourself: “Okay, what happened? What are the facts?”

If we were to report the facts, as if they were printed in a legitimate newspaper, where only the facts are presented, not like the interpretations that our political arena has given us these days where there's nothing but interpretations… Those interpretations are what we're going to separate out from the facts. So consider an early childhood upset where someone said or did something that troubled you… you're going to say, “What exactly did they say or do?” Write down your answer.

Then, ask yourself, “What did you make up about what they said or did?” and “How did you interpret that in a way that made you angry or sad or afraid or anxious?”

MANAGING YOUR EMOTIONAL REACTIVE STATES IS THE KEY!

So here's the key… the glue that keeps this whole mechanism of self-esteem destruction in place, is the emotional component. It's the moods that we've created throughout our lives that are like a heroin addicts fix.

So when we're in the midst of an upset, we typically gravitate toward one or more prevalent moods or emotional reactive states. For most people, these reactions are some form of anger, or sadness or fear or anxiety. Those are the common ones. And people can have variations of these too. So some people go to anger and then sadness, some go to fear and then sadness or anger. There can be combinations of these emotional states.

It will serve you to recognize how you're wired. Because if you understand that you're wired in such a way that these upsets are fairly predictable whenever you're in an upset (and this is something that would serve you to journal) you're going to consider this question first: “What is my predominant mood at the time of the upset? Is it anger, sadness, fear, or anxiety, or something else?”

If it's anger, ask yourself, “What type of anger am I experiencing now?”

ALLOW ME TO SHARE MY OWN STORY TO ILLUSTRATE A POINT

To illustrate, allow me to share a bit about my own story and reactive emotional state... My predominant mood is indignant anger. And it began when I was five years old, and I was playing down at the schoolyard. There were around six teenagers there who noticed me as I was just playing by myself at the school yard waiting for my friends to come. And they decided to have a game of football while deciding to use *me* as their football. So they tossed me around one to the other and one of them dropped me! I hit my head on the concrete and I got a concussion. I went home crying and dizzy with a big egg on my head.

From this experience, I made up at five years old that I was small and insignificant, and that people were mean and cruel, and that the world was a dangerous place. And I now started to look at the world from that perspective. And so, I started to avoid people. Whenever I would see someone that I knew, I would cross the street avoiding them. I soon developed the reputation of being quite a snob. Not because I thought that I was better than other people, but just the opposite, because I was trying to avoid getting hurt again, because I thought people hurt you. And so I lived my life from that perspective. I was an extreme introvert. I was always looking for ways to protect myself. One of those ways was to study really hard and to be smart so that I could outsmart people and keep them from hurting me that way.

And so I went to school, studying the traditional arts and sciences and eventually became a dentist. It was no accident that I would enter a profession where people couldn't talk to me, because I had my hands in their mouths!

I developed a very successful dental practice by society's standards. But after practicing for about 15 or 20 years, I discovered the study of personal development and I realized that I went into the noble profession of dentistry for the wrong reasons. I struggled with wondering if this was all there was to

life, being an introvert working in a dental practice, and living a life of resignation and silent desperation.

Now, there's nothing wrong with being dentist as they are very important to maintain health and wellness and a great profession that contributes to all. But for me, it really wasn't a fit. I went into the profession, not knowing what else to do with my life.

When I realized this, I enrolled in a personal development program that began as a year-long program where I was coached by my mentors every day (5 days a week) for a year, and we also met four times yearly for four days at a time. Well, that one-year program turned into a 10-year passion and quest for excellence. And during those 10 years, I discovered how I was wired. And I discovered that this early episode influenced my life to the point where I made up all these things about myself, and others, and the world, and that we *all* make up something similarly based on our own experiences.

So, I've diverted here from my exercise, but I think it's important to give you a little background so that you can now look at what your own early upset was that significantly affected you. It could be any one of a number of upsets that was traumatic for you at that age, but it doesn't have to be something that you would consider traumatic today.

As a result of this early trauma, you made up something about yourself.

So let's go back to our discussion of moods starting with anger. If that mood characterizes your chronic emotional reactive state, what flavor of anger do you have? Is it indignant anger like mine? (How dare you pick on me at five years old?) That was my mood. Is yours frustrated anger? (I can't do anything right.) Is it a vengeful anger? (You can't do that to me. I'm going to get you back!)

Now, we all know that we don't like being angry. So why do we go to anger? It's because when we're angry, we get to be powerful. We get to control others and avoid being dominated by them. We get to be right about something. We get to justify our behavior. We get to justify bad behavior, we get to yell at people or punch people or kill people, because we were angry… because ***you*** made me angry. And so that anger has a lot of temporary emotional value in that it makes us powerful in the moment. It allows us to avoid getting taken advantage of. We either escape being a victim for a moment or we get to sit in that victimhood. Either way you look at it, we are justified because someone

did something to us. Most of the people in the world are wired with anger and addicted to anger. That's why the state of the world is what it is today.

Let's look now at the people who suppress their anger - these are people who are often addicted to sadness. Statistics show that there's about 350 million people who are clinically depressed in the world. And depression is anger stuffed, moved inward. Depressed people are often addicted to sadness. They will scan for and attract people that *make them* sad as well as situations in their lives that *make them* sad. They will do things that create this depression to attract the sadness in their lives.

It's not because they like being sad, but because they get a whole bunch of contrary benefits by being sad. Some of those benefits are: they get to avoid responsibility for being happy. So they get to be a victim. They get to feel sorry for themselves. They get to sit on their little pity pot and wallow in their misfortune! They get to evoke sympathy and the pity of other people. (Poor you, nobody likes you, you don't have any friends. You are stuck in a job that you hate. Your whole life stinks!) So they keep the sadness in place because it gives them these contrary benefits that make them a victim.

The third predominant, emotional reactive state is fear. 24% of women and 16% of men are said to be addicted to fear. These are people who will live on the edge, always in danger! They may hate being afraid, but they may marry an abusive person, for example, or they'll have a job where they're one step away from being fired from. They will live in an earthquake zone or in an inner city where it's dangerous. They will live on the edge because they're addicted to this fear emotion, because they get to be right about something… they get to be victims, they get to feel sorry for themselves because they're always afraid. They hate being afraid, but that's what they know. So they gravitate toward attracting people who make them afraid, attracting situations that make them afraid.

It's the same with anxiety. People who are anxious will create anxiety in their lives. So they'll be one paycheck away from being homeless, they'll be married to somebody that's threatening to leave them all the time. They may be chronically anxious about not having enough to feed their family or enough money to have a roof over their heads or they'll be anxious about losing their job. They'll be anxious about something that will keep that emotion in place.

So why is this important? It's important because when you identify your predominant emotional reactive state that has your name on it, that's the red flag that tells you that you are in an upset and that you're not looking at this situation in a way that supports you. You're not looking at this event in a way that empowers you to create an interpretation that moves you forward.

So when you recognize how you're wired, you now can go back and ask yourself… "What is my predominant reactive state that so often results in an upset for me?"

So let's just say that you identify that your chronic reactive mood is sadness. Okay. So what was said or done by someone else that you feel made you sad? Identify the actual facts BUT know that it's your interpretation that actually made you sad!

So for example, your boss said, "You're fired." And you think that he made you sad. But you likely are guilty of collapsing the interpretation and the facts.

In reality, your boss did *not* make you said. The meaning you attributed to his words did!

For example, let's say that you hated your job. And the boss said, "You're fired." If you knew that you'd have your dream career ahead of you. Your boss's action could have provided you with the opening to transform your life for the better. You could instead interpret his words as providing you with great joy, to know that you're heading into your long awaited dream career. That *empowering* interpretation would not make you upset. So it's not the facts that made you sad. It's the interpretation you attributed to them that made you sad.

YOU CAN BE RIGHT OR YOU CAN BE HAPPY, BUT YOU CAN'T BE BOTH!

So, the first question to ask yourself is, "Am I willing to give up my right to be in this emotional reactive state? Am I willing to give up my mood, my right to be angry, to be sad, to be afraid, or to be anxious? The answer to this question is very important because although we hate being sad and being afraid, we hate being angry, we hate all of these emotional states, the truth is that we are addicted to them. And oftentimes, that addiction is so strong that we would rather be in the mood, in victim status, than move forward through it.

So before we can shift our mood, it's important that we're willing to give up our right to be angry, sad or afraid. If you answer yes, that you are ready, then you'll need to change your state.

One way to do that is to breathe deeply while counting backwards from five to four to three to two to one, to actually release the emotion, release the sadness, release the anger, or release the fear, release the anxiety in the moment and create a new interpretation in that moment that empowers you. Now this will be the hard part because you're in an actual upset. And the upset is very real to you because of the interpretation that you've created… which you think is *the truth*.

But it's not the truth. It's *your* truth in that moment based upon your addiction to your mood.

So, allow me to give you an example. When I was tossed around by those teenagers at five years of age, I created an interpretation that I was unfairly bullied. That's the interpretation that made me angry (indignantly angry) because I thought I wasn't big enough to protect myself. I further decided that people were mean and cruel and that the world is a dangerous place.

But looking backward and using this exercise to reinterpret that upset, I look at this now and have decided that these were just a bunch of teenagers trying to have fun. I now see that they did not try to hurt me, They were playing! They probably thought that I was a cute little kid and they wanted to play. And, of course, they weren't mature enough to know that they could hurt a little kid like that. So looking back on this, I've interpreted that *I needed that experience for me to diminish my self-esteem at an early age so that I would eventually reinvent myself, reclaim my self-esteem in order to be able help other people to do the same.*

So it was actually the greatest gift that those kids could ever have given me. And I've reinterpreted the episode by making up that it was through divine intervention that that actually happened to me *as a gift*. Because through that, I could experience something that was so painful for me, that I could learn a VERY valuable lesson. I could empathize with someone else experiencing a blow to their self-esteem and fully appreciate what that was like. This wisdom would allow me to create the tools to support people to reinvent themselves to actually move out of that debilitating state.

So as you're doing this exercise, if you're willing to give up your right to be addicted to your mood, your anger, your sadness, fear or anxiety, you can

create a new interpretation that empowers you. Now, this interpretation is going to feel awfully strange. It's going to feel like it's false because it doesn't have the emotional draw that the other interpretation that makes you angry or sad or afraid does.

This interpretation is one that you are going to create on purpose, in the moment if you can, if not later. Because sometimes when the heat is on in the moment of an upset, you're not going to be able to have the presence of mind to remember to create whatever interpretation actually supports you.

You will need to develop a new skill. It's like a weak muscle that needs to be worked out for you to actually be able to do it in the moment. The more you do it, the sooner you're going to be able to recognize when you're making something up or buying into somebody else's negativity that doesn't serve you.

Your personal power comes from giving up your right to be a victim. You're creating a new interpretation that keeps you in relationship with the other person, an interpretation that empowers your life.

YOUR COMMITMENT TO TAKE ACTION WILL SUPPORT YOUR REINVENTION

And here's the important part. Now that you've created the new interpretation (in the moment, if possible, or later, if not) you're going to take some productive action. That action is one that serves you. Perhaps it serves you to make something good out of what happened. Perhaps it serves you to empower yourself. Perhaps it serves you to empower your relationship. Maybe you forgive someone, maybe you give them the benefit of the doubt. Maybe you acknowledge them for something. Maybe you make light of something that could have turned into a disaster or a fight. You do something that's going to allow you to be the person that honors your values and moves your life forward.

Remember to create an empowering interpretation… maybe you are in an upset with somebody who may be mentally ill, someone who is irrational or even violent. And so you decide that this upset is about them – not you!

Maybe you decide that you are going to get out of a situation or extricate yourself so that you are not in danger. You decide that you are not going to let it bother you because you know that *it's* about them. And you just happen to be the person in in the way, so to speak, at that moment that allowed them to be dominant, control somebody else, be angry. You do this without knowing if

their father was an alcoholic, or their mother abandoned them at the age of three, or whatever their history was, that caused them to make decisions that resulted in them being like that.

So as you take action that serves you. You are the one committed to personal development. You're going to move *your* life in a forward direction.

I'll give you another example. One of the things that I avoided for the first 30 years of my life was parties… because of the things I made up about myself. I was certain that I had nothing to contribute to somebody else. I was shy and introverted. I was afraid, I decided that I was not capable of going to a party and having fun. So feeling this way, I'd go to a party occasionally… and I'd stand behind a plant and not talk to anybody. And I'd go home and feel miserable afterward. And I'd tell myself that I was right after all to hate parties as I did!

So, as I began to reinvent myself, I made a different decision… I would take an invitation to a party that would have caused me to take on a different, negative interpretation initially (you don't want to go to a party because you're going to make a fool of yourself, you're going to have a lousy time, you're going to go home worse than you were in the beginning). In contrast, my new interpretation might be that this is an exciting *opportunity* for me. This is an opportunity for me to go to make a friend. I could seek out somebody who was shyer than I was and have the intention to make their day better, to leave them better than I found them, to empower somebody else by asking them questions about themselves, to support *them* to actually have a great time by making their day better.

And so I started to take that on. And I found, sure enough, that every party contained somebody that I could contribute to. This new perspective supported me to start to have a great time going to parties. With my new interpretation and the new action that supported me to break up the disempowering old one, I grew to *love* going to parties.

Now I have a job when I go to a party: it's not only to have a good time, but it's to make somebody else's experience better. It's to introduce myself to people, to get to know them, ask them questions about themselves, and to develop a friendship. So again, I'm telling you this so that you can map this onto your life wherever you are in your development. You can create an action that will serve you to create an interpretation that will move your life forward while honoring your values, to actually put into place whatever is missing for you.

THE 3 KEYS TO HEALING AND COMPLETING YOUR PAST

Let's talk now about the three keys to healing the past and building self-esteem. They are empathy, gratitude and forgiveness.

Empathy is about putting ourselves in the other person's world. And it's a critical component not only in becoming 10 feet tall and bulletproof but in allowing life to train you to become powerful. When you're empathetic, you don't take things personally, you don't invalidate yourself. You don't allow yourself to be at the effect of people's bad behavior, bad words, or bad deeds. Empathy has us consider what it is like in the other person's world for him or her to have said whatever they did to me. When we realize that an upset is 99% about the person who's upset and only 1% about the person that's causing the upset, you'll discover that your reactive state is always optional. Your ability to take offense and invalidate yourself or be offended is always optional.

So when we have the ability to actually have empathy for someone else, we can say, are they having a bad day today? Consider what their history might be like for them to say or do something that appears to be an affront to you… while detaching from it because you realize that it's really all about them.

And so when we can divorce ourselves from the bad behavior of somebody else, we now have the ability to forgive them, which is the second quality essential for healing and completion. Forgiving others becomes much easier when we have forgiven ourselves first! We will find the greatest upset in the things about other people that we find upsetting about our own lives. So when we've forgiven ourselves, we now have the ability to more easily forgive others.

It's all about completion. Completion is critical for healing your past. When we're incomplete, we relive the same upsets over and over again; we give off the same bad energy to others. We constantly are at the effect of what people say and do the same sort of ways because we're incomplete. When we've forgiven other people and have forgiven ourselves, we clear the slate. Forgiveness is more important for our own mental health and our own happiness than it is for the person that we're forgiving. It's important to realize that we're not condoning bad behavior when we forgive someone else.

For example, consider someone who was sexually abused as a child. We're not condoning the bad behavior of the offender. But what we're saying is, how confused might that person have been to have done that sort of thing?

When a victim of abuse realizes that the abuser was not doing it *to them* at all, they were simply doing it because they had a deficiency within themselves. So we're not forgiving that bad behavior. We're forgiving them for not knowing any better or forgiving them because it serves us to release that anger, that is, to release that violent energy of resentment. Because when we do so, we now can free ourselves up to create love in our lives.

I've seen many cases where we've supported people to release that sort of energy, and they go from attracting abusive spouses into their lives and abusive relationships all around to attracting people who honor them, or respect them. Why? Because they're no longer resisting. When you resist, that condition stays in place, it persists forever.

When you forgive, you've created the energy to release it from the world. When you forgive that doesn't mean that you have to let somebody back into your life. So for example, you might have an ex-spouse that was abusive or mean to you. You could write them a letter; you don't have to even mail the letter if you don't want to. But it's important for you to release the energy, to forgive them for your own benefit. Not that you condone their bad behavior, but that you forgive them, that you've learned from the experience that you now are more empathetic as a result of this experience. You may have become more spiritual because you've been able to experience something so difficult that you now have more empathy for other people who have experienced similar things or different things. So when you forgive, you pre-pave blessings to come.

Let's look now at the third component essential for healing and completion: gratitude. Gratitude is about living everyday like it's Thanksgiving Day. It's about being grateful for the experiences in your life, good or bad, however you want to label them. You're grateful for living; you're grateful for experiencing; you're grateful for opportunities. And when you are grateful, you will attract to yourself more blessings to come your way. So when you're grateful for what you have, you will allow for more abundance to come into your life when you share generously.

When you're generous with your possessions, when you're generous with your time, when you're generous with your energy, you'll get generosity back in your life and it will change for the better.

So that's what being in development is really all about. It's about being empathetic to what is it like in the other person's world? And a question I like

to ask myself is, “Who am I being that this condition, especially a chronic condition, is showing up in my life all the time? Who am I being that angry people are always around the corner? Who am I being that I'm not abundant in life? Who am I being that I'm stuck in this drama cycle all the time with people?”

These are all great questions to ask because when you can examine your life in a personal development sense by taking responsibility (not like you're to blame or you're at fault) but “who am I being that this is showing up in my life, and how could I be different so that I wouldn't have to relive these experiences over and over again in my life?” “How could I be more forgiving? How can I be grateful for the good things that I have in my life while welcoming more opportunities that you'll take responsibility for action?”

When we take responsibility, when we actually say, “Okay, I'm going to manifest abundance in my life, I'm going to manifest a great relationship personally. I'm going to manifest lots of friends, I'm going to manifest a great career or my dream job, I'm going to manifest lots of fun…” Now you're taking responsibility for doing things that are going to cause you to attract those things you desire into your life through your energy and your actions.

If you have a sense of entitlement expecting people to give you things without taking responsibility for earning them or manifesting them yourself, you'll be putting forth angry, victim energy into the world.

There's nothing wrong with receiving. But when you receive because you feel you're entitled to it, when you don't want to take responsibility for giving to others, but you just want them to give to you, that creates an energy that keeps you stuck and keeps you in that victim status and victims are always going to be at the effect of what life gives them. They're going to be angry or sad or afraid or anxious because they avoid responsibility for the fact that every one of us has the ability to move our lives forward in a way.

We don't have to be brilliant. We don't have to be beautiful or handsome. We don't have to be charismatic. We don't have to be any of the things that we feel are associated with our paradigm of perfection. But we can develop other qualities that actually serve to make our lives work more optimally, and we can take responsibility to move forward deliberately.

PERSONAL DEVELOPMENT WILL SUPPORT EVERY ACTION PLAN AND VISION

To be the person you've always desired to be will be supported by a personal development plan or structure to give you access to what *you don't know, you don't know*, that is the areas that you're blind to.

Once you fully understand and take on these life-changing foundational principles, once you map them onto your life, you start the process of personal reinvention and transformation.

As you reinvent yourself, you're going to have all of this negative self-talk in your head about your ability to reinvent yourself powerfully. So you're going to need structures designed to support you to win in life. My programs above contain structures that make the process of personal transformation easy - where you first learn a principle, and then you get an exercise that allows you to experience the principle presented. Until you experience the principle, it's just information.

So for example, take the principle about how to reinterpret your life to be upset free. We previously discussed how to create an upset free life by reinterpreting your upsets so they that don't have emotional reactive moods associated with them.

But that will be nothing more than an interesting exercise if you don't practice it routinely. So how do you practice it? You start journaling. Every time you encounter an upset, go through the questions that I outlined before.

- What did someone say or do?
- What did you make up about that?
- What's a new interpretation that you can create that has no mood associated with it?
- What action can you take to break this up further?
- How can you empower your life and move it powerfully forward?

So it's important to understand the principle of mapping the exercise onto your life. And when you do that, you now get to take a new path for your life.

It gets easier the more you practice these principles. Before long, you'll begin to see the world differently, as you create an entirely new paradigm about life.

MANAGE YOUR NEGATIVE SELF-TALK

Let's now talk about the negative self-talk that keeps us struggling and suffering. Picture your negative self-talk as a little gremlin on your shoulder. Many people mistaken this self-talker for their intuition. Our intuition is sourced in love. It's sourced in our higher self.

Our negative self-talk is sourced in fear. It's there to protect us from getting hurt or to keep us trying harder to prove that we are something that we think that we're not. So we're always on that treadmill trying harder. We're always climbing the ladder thinking that okay, when I reach that cloud, then the sky will open up for me, and then my life will improve. When I finally get divorced, my life will be better; when I finally get married, my life will be better. When I finally leave this job, then I'll be somebody. When I finally graduate from school, I'll be somebody; when I finally get that new position...

But what happens is that if you're not enjoying the process of life, which is what true success is all about, you'll be postponing your happiness to a future day or tying it to an event that may never come.

Instead, take the interpretation that we have the ability to be happy, right now by declaring it, by saying "I'm deciding to be happy by managing my interpretations moment by moment, by actually being in development around letting life train me to be happy, by experiencing new lessons as we go, by knowing that I'm going to make my life and somebody else's life better every day.

I invite you to make such a commitment part of your daily action commitment. So by healing and completing our past, when you recognize that negative self-talker on your shoulder, you might say...There you are, again, thanks for sharing, now shut up and take a hike!" Because when you allow that negative self-talk to rule your life, you're never going to feel as though you are good enough. You're never going to be smart enough to succeed. You're always going to be poor. You're always going to have negative people in your life. All that negativity doesn't serve us. So tell your self-talker "Thank you, shut up, and take a hike!" Then create a new interpretation that empowers you. Take a new action to move your life forward in a way that serves you to move forward in a way that gives you more of what you want to attract in life, that is, what you *expect* to attract.

ENJOY THE PROCESS OF LIFE!

True success in life is all about enjoying the process as you learn and grow. It involves being clear about what you're up to in life, knowing what your life purpose is. You can commit to being on the path to where you live your life purpose, and enjoy the process, knowing that it's all good, even the stuff that hits us along the way that doesn't appear to be good in the moment. It's all there for our edification. It's all there for our benefit. It's all there for our soul growth.

The first step in getting out of the pattern of emotional reactivity and self-sabotage is to recognize when it happens. Imagine that you are walking down a forest path and you come to a fork in the road. One path represents the road that you always have habitually taken. It's the path where you create bad interpretations that result in you accessing your negative moods. It's where you step over things where you internally hurt. It's where you don't express your needs or are unsure of your commitments. It's where you failed to look for ways to create mutuality with other people. It's where you resorted to whatever formula you've typically used to survive in life, till this time.

The other path is the path of heart. It's the path where you learn and you grow, where you create powerful, positive interpretations to move your life forward, where you don't step over things or withhold your feelings, but instead look to communicate them in a way that leaves people whole by empowering others. You have the ability to recognize when you have the opportunity to choose your way forward. Will you choose the interpretation that disempowers you or the interpretation that empowers you? Will you choose the positive interpretation that supports happiness and making others great, whatever that is, in the moment? In each moment of decision, it's all about responsibility, that is, the ability to respond. It's about responding in a way that is not about blame or fault.

Lacking responsibility means we're stuck. It means that we don't have the ability to respond in a way that serves us and that serves other people, that strengthens our relationships and communication.

We always have the ability to attract other people (or repel them) with our energy. Our personal power and effectiveness is all about energy. When we give off negative energy, when we give off closed energy, when we give off energy that repels people, our life becomes a reflection of that, we become a victim. When we give off energy that's warm and loving, welcoming, and

forgiving, when we have energy that's based in gratitude, we attract things that are consistent with that gratitude, consistent with the positive energy we emit.

And so many people go through life angry, thinking that everybody around them is angry. Everybody around them is violent. Everybody around them is giving off these negative vibes. And when we look further, and we say okay, how am I being responsible for attracting that into my life? What kind of vibes am *I* giving off? What am I *not* taking responsibility for in regard to exiting the drama cycle while doing something that supports the person I have decided to become?

Rather than make excuses like "I don't have the money. I'm poor, I don't have the means to better my situation. I'm in abusive relationship and I can't get out of it…

You can instead look for possibilities! The reality of any situation is that we can always choose an empowered interpretation. It is there awaiting all of us to support our excellence, personal power and happiness. All we have to do is realize we have options and take focused action. All we have to do is be ready to reinvent ourselves. Be ready to ask for help, be ready to be committed to moving our lives forward. And when we do, miraculously, new opportunities will appear to support us, new people will show up in our lives to guide us. Why? Because we're ready. We're ready to give up our right to be a victim or to be invalidated.

WE DON'T GET WHAT WE WANT, WE GET WHAT WE *EXPECT*

You will attract into your life the things that you expect, not the things that you want. If you filled a stadium full of people, let's say 100,000 people, and you said, "How many of you want to be healthy, attractive, fulfilled and abundant?" Pretty much everybody would likely raise their hands and say, "I do!"

If we asked "How many of you actually *expect* to be happy, fulfilled, and abundant?" Far fewer would respond affirmatively. Most people don't expect it. They are resigned in their lives to be wherever they are currently.

Realize that you actually have the ability to shift that to actually *expect* great things to happen in your life by managing your negative self-talk in a way that moves your life forward.

So, if you start to do the exercise where every time your negative self-talker tells you something bad about yourself, that you're not good enough, you're

flawed, that nobody likes you, that you're not smart enough, that you can't ever get ahead… ask yourself "What action can I take to move forward? Can I take a course? Can I talk to my coach? Can I empower somebody else's life who needs it more than I do?

Do something that's going to break it up for you because when you break up your habits, your interpretations, your patterns, you now are taking action to heal and complete your life.

WHAT IS SO CURRENTLY IN YOUR LIFE?

Part 2 of *The Self-esteem System* is about doing a proper assessment of what's so in your life currently. That is, what's working and what's missing? If you evaluate the six key areas of your life, (your health and appearance, wealth and finances, career or occupation, relationships, personal and spiritual development, having fun, pursuing your passions, and living life full out), by rating them 1 to 10 where 10 means you can't be any happier, more fulfilled, more abundant in this area. And a 1 rating means your life is a total disaster in this area of life. You feel that you'll never get it right. Nobody likes you. You couldn't be poorer than you are.

Wherever you are on that range from 1 to 10, give yourself a rating. Then ask yourself "What am I not being responsible for by improving my lot in life in this area? What's missing that if put into place would make this area closer to that 10?"

HIRE A COACH

Whenever you're stuck, a coach is someone who can give insight into *what you don't know you don't know* about what you're not seeing in your life. Do you need to hire a coach? Do you need to take a personal development program? Do you need to study a program that might give you some *aha* moments and insights? There are lots of tools that are out there for you to take advantage of. So there's no excuses for you not moving your life forward. Once you've done a proper assessment of your life, once you're clear about what your core values are that need to be honored, ask… Where are you stuck in life? What's missing that will have you honor that area?

Such an assessment will allow you to then go on to the third component of *The Self-Esteem System.*

The third area involves designing your future in choice.

We all have the ability to live our dream lives, as if we had a magic wand that we could wave over our lives causing miracles to appear in our lives.

Are you living your life purpose?

We all have a life purpose but most of us aren't living it. If you are waiting for the clouds to part and a voice from the sky to tell you what your life purpose is, you're going to wait a long time.

Rather, you get to declare what your life purpose is. We all intuitively know what it is, when we peel away all of the garbage that's preventing us from accessing it. It can be as simple as showing love to others, empowering others, being a teacher, being a fun companion, being a champion of the elderly, of pets, of women or of some particular group.

We all have a life purpose. And when we declare what that life purpose is, it now gives us a direction for us to move our lives forward to start taking actions that will support us to develop the missing elements, the skills, the distinctions that we need to put into place to be powerful in that domain that may be lacking right now.

So once you have identified your life purpose, you can begin working toward manifesting that life purpose and living it day by day.

Your life purpose will honor your most important values. If you're not clear about what those values are, you're likely to dishonor them by default, because you're not clear about what's important to you in life. So get clarity on those values, the things that make life worth living.

Some examples of values are:

*adventure

*creativity *recognition

*security *joy

*belonging *excitement

*peace *intimacy

*love *spirituality

*freedom *happiness

*communication *integrity

*power *safety

And there are many more.

Your values will continually evolve as you do. When you focus on living your life out of following your values, they become honored and satisfied. This allows you the opportunity to then shift your focus to other evolving values.

The key to living a life that is both satisfying and productive is to focus on identifying what your key values are and asking yourself if they are being honored. Until your life and your values are in alignment, life will look like an uphill struggle.

When we're ready to take responsibility for envisioning and manifesting our dream life, our world will transform.

CREATE AN INSPIRING VISION OF WHAT YOUR DREAM LIFE WOULD LOOK LIKE

Dreams do come true. However, if your self-image is tarnished, your expectations of participating in all the great things that life has to offer are likely suffering as well. Perhaps, low self-esteem's greatest cost is the resulting resignation it fosters. We die inside a little more each day. Before we realize what is happening, we have sold out our dreams for being all we can be, having those things we deserve and living a life fueled by our passions.

We get what we expect. If we expect that our lives will be marked by rich relationships, abundance, fun and adventure, we will generate an intention to make it so. Our intention will create a drive within us to accomplish those actions necessary to manifest our vision. Likewise, if low self-esteem results in anticipation of pain, loneliness, suffering, struggle, broken relationships and poverty, we will see these results in our world. We unintentionally sabotage our efforts at achieving those things we want most because we do not believe we are worthy of receiving them. Every time things begin to look up, an invisible self-defeating inner thermostat kicks in, ensuring our low expectations become a self-fulfilling prophecy.

The good news is that you can retrain your thoughts and intentions to manifest what you want to have appear. Train your mind to become an ally in your quest for high self-esteem by creating a vision that honors your values, aligns with your passions and encompasses the qualities you are committed to fostering. This new and empowering vision will replace the current dim vision that is neither serving your magnificence nor fueling your self-esteem.

Take an 8-ounce glass filled with coffee. This represents your low self-esteem. It is murky, dark and does not transmit light. Now take a large pitcher of crystal clear water. This represents your new empowering vision. Pour the water from the pitcher into the glass. The water from the pitcher flows into the glass, causing the glass to overflow. The first few ounces have little obvious effect on the color of the liquid in the glass. However, as you add more pure water, the content of the glass gets lighter and lighter. By the time you have poured the entire pitcher out into the glass, you will notice all discolored liquid is gone and only pure, translucent water remains. The same holds true with regard to your mind. As you replace cynical, self-defeating thoughts that crush your self-esteem with a positive, empowering vision that feeds your magnificence, the power of the new thoughts eventually replace the old. This elevates your esteem and dilutes the thoughts that previously consumed your attention. The power in realizing this transformation comes from the magnitude of new positive energy that far surpasses the old negative force.

To mold your new life vision, close your eyes and imagine that a genie has just appeared before you. This genie has offered to grant your every wish, provided you have the courage to envision it, believe it will happen and pursue it. In order to create this vision, you need to temporarily suspend any self-defeating thoughts that you will only have in your life what you have always had. The past does not need to be a harbinger of the future. Keep in mind that we will be developing a specific plan of action to address the question, “What exactly will it take to manifest this vision?” So, create your dream vision with the expectation that we will be designing a plan to bring each aspect of it into reality.

Let’s start by revisiting what values your vision will honor. These will form the fabric that will weave throughout your vision. Next, review the qualities you previously recorded that you will enhance and further develop. These qualities will speak to who you are being as you construct your dream life. And lastly, make a list of your passions. These are those things you love to do and would

gladly look forward to doing every day for the next 50 years. Your passions make life worthwhile.

Think of this vision as a movie script you will watch play out before you on the silver screen as you take your seat in the theater featuring your life story. Write your vision in first person and present tense as if you are describing a scene from the movie as it happens. Create a vivid mental image with as much detail as possible to bring your vision to life. Utilize all your senses in describing it -- sight, hearing, touch, smell and taste. See your vision as an already accomplished reality in the present, not merely as something you want or hope to have happen. If you construct your vision as something you hope to have, the wanting, desiring and not having of it will manifest instead of the realization of the vision itself.

Include within your vision the answers to the following questions:

- Who will you *be*? What qualities and values will you embody? How will you look and come across to others? What will your self-image be?
- What will you *do* with your life when you possess these qualities and values? How will you spend a typical day at play and a typical day at work?
- What will you *have* as a result of being these qualities and doing the actions consistent with them? Where will you live? In what type of home and with whom? With what physical possessions will you surround yourself? What other things such as great friends, abundance, personal freedom, peace of mind, etc. will you have? What goals will you accomplish?
- Who will you assist or support with these accomplishments? Are there any special people, organizations or causes that will be an important part of your life?
- What will your relationships be like? Picture yourself interacting with friends, family, co-workers and all you meet in a way that reflects your high self-esteem and rich friendships.

EXERCISE: Write out your personal empowering vision in first person and present tense. Describe in detail what every aspect of your life will be like.

You can't do this exercise wrong, so have fun creating your vision as a magnificent person worthy of the best that life has to offer.

So once you've written that vision, I invite you to read it twice a day, in the morning when you wake up and at night before you go to bed. Because again, the mind can't distinguish something that's real from something that's vividly imagined.

So that vision is going to be the core components along with your life purpose, that are honoring your values, and guiding your life. And based upon that vision, you're going to need to create two different structures, an action plan and a personal development plan. Why? Because a vision without action is self-delusion. You're not going to transform your life by sitting on the couch, watching TV and eating potato chips. You're going to transform your life by taking action, by taking specific actions that will support your life to transform.

Here's an example. There are six key areas of life: health and appearance, wealth and finances, career or occupation, relationships, spiritual and personal development and having fun and recreating, pursuing our passions.

So let's take the first one, health and appearance. So let's say that you aren't happy with your health. Let's say that you are 50 pounds overweight, that you are not happy with the way you look. So what would support your health and appearance? Perhaps exercise and committing to a proper diet would assist you to lose that extra weight if you don't like the way you look? Maybe to get a makeover or get your teeth cleaned. Maybe get a new haircut or any number of things to move your life forward in that area.

It's the same for all the other areas. So if you're lacking a close intimate relationship, maybe you're going to take some actions around meeting people. Maybe you're going to look in the areas that you're passionate about, the hobbies that you have and the things that you love to do. Perhaps you could look for people join a club or look online for people who share similar passions to now start attracting people who share common interests. And that's a great starting point to build your relationships.

If you're not happy with your career or your job, if you're not wealthy, or abundant or prosperous, take actions that will support you in these areas.

We all have gifts and talents that we were given. Most of us are not fully aware of and have not fully developed these gifts. In fact, most of us think that we just are incapable of developing them.

I'll give you an example. I was told for the first 37 years of my life that I couldn't lead three people in silent prayer. So I joined a Toastmasters group thinking, okay, I'm going to reinvent myself, I'm going to become a speaker. So the first exercise for a new person was to stand up and tell the audience your name and where you're from. I stood up, opened my mouth… and nothing came out. I was frozen, paralyzed by fear. I was mortified at the time. I spoke to my coach, he said, be okay with being bad until you develop the skills to be good. So I used that as a starting point. I started to practice speaking with a couple of close friends. I started to practice talking about things that I was passionate about, and my skills and confidence developed over time. I now routinely speak in front of tens of thousands of people, and I love it! Why? Because I've given up my right to invalidate myself, I've given up my concern with looking bad or not looking good. And I instead focus on contributing something to the people that I'm speaking with, as I'm doing now. So that's why I can tell you these stories about myself. I once was petrified that anyone would find out about my fears and inadequacies because I thought they were true! I thought that I was a person who had nothing to contribute to other people.

So when you complete with your past, which is the key component here, you now have the ability to go and create that future of your choice. So it's critical to create both an action plan and a personal development plan to manifest every aspect of your vision.

Let's look now at what will happen when we make a commitment? When we start to take actions…problems and challenges inevitably show up! And for people with weak commitments, they'll knock them from their commitment and put them back in the status quo. Those with a weak commitment will likely take the easy way out, the path of convenience rather than path of heart, that is, the path that empowers them to reinvent themselves and move their lives forward.

So we actually have the ability here to make a decision in the moment where we decide to be courageous, and the more we practice making courageous decisions, the more we become courageous. The more we become accustomed to not taking the easy way out, the more we become accustomed to respecting and honoring the decisions that we make. By acting from a courageous commitment to the principles and goals that matter, we can reinvent ourselves. In so doing, we are able to create a new person with resolve and new evidence that supports excellence.

So, we've discussed the concepts of life purpose, honoring your values and creating an empowering vision for every aspect of your life. With these concepts firmly in place, you now have the ability to set goals. These goals will align with your vision. So if your vision is to be fit and healthy, now you need goals to make sure you will move things forward. Your goals can include short term, medium term, and long term goals, to get you realizing your vision in each area of life.

So move yourself forward in each area that you want to develop through an action plan, and a personal development plan.

This E-Book is intended to give you a broad overview of what it means to live deliberately with high self-esteem and a positive expectation for an awesome future.

My commitment is to champion the lives of 20 million kids and 20 million adults so that they believe in themselves. And I know that I can't do it alone. So my request is that you join me in helping me realize this vision to make a difference in the lives of other people by first making a difference in your own life.

Our world is in trouble. I believe that the people that are making it go downhill fast are the minority. The majority of people are people who want to make life better for people. They want to empower people. And that's the invitation that I'm offering to you, that is, to join our team of light bearers. We have the ability to give hope in the world when there is none, to give prosperity when it's lacking, to give happiness when there's despair.

Please check out the following certification programs designed to empower your life, the lives of your family members and friends, with an optional component to be certified by The Center for Personal Reinvention as a Certified Coach in each of these areas.

www.highselfesteemkids.com

www.highselfesteemadults.com

www.lifeoptimizationcoaching.com

www.certifiedrelationshipcoaching.com

www.selfconfidencecoaching.com

www.certifiedabundancecoaching.com

I wish you every blessing!

Joe Rubino

CEO, Http://www.CenterForPersonalReinvention.com

ABOUT THE AUTHOR

Dr. Joe Rubino, CEO of Http://www.CenterForPersonalReinvention.com, is acknowledged as one of the world's foremost experts on the topic of elevating self-esteem. He is a life-changing personal development and success coach on how to restore self-esteem, achieve success, maximize joy in relationships and fulfillment in life and skyrocket productivity. He is known for his groundbreaking work in personal and leadership development, building effective teams, enhancing listening and communication skills, life and business coaching and optimal life planning.

His 12 best-selling books and audio programs are available in 23 languages and in 58 countries. They can be found at the link above.

Dr. Joe's vision is to impact the lives of at least 20 million children and 20 million adults. His Certification Program training coaches in Self-Esteem Elevation is teaching people all over the world the tools to help children and adults develop high self-esteem without the problems associated with excessive ego.

Learn how you can become Certified by The Center for Personal Reinvention as a Self-Esteem Coach for Children and/or adults at http://www.highselfesteemkids.com and http://highselfesteemadults.com

Learn more about his life-changing work in championing people to restore their self-esteem at http://www.TheSelfEsteemBook.com and receive FREE the insightful audio program "7 Steps to Soaring Self-Esteem" and a 1 year subscription to "The Success Achievers' Club"…a $129 Value!