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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**HOW TO CREATE A GOOD SELF IMAGE**

**By Craig Lock**

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The Man In The Looking Glass

"When you get what you want in your struggle for self  
and the world makes you king for a day  
Then go to a mirror and look at yourself  
and see what your face has to say  
for it isn't your father, or mother or wife  
who judgement upon you must pass  
the one who means most in your life everyday  
is the face looking back from the glass  
you may follow the whole world down the pathway  
of life and get pats on your back as you pass  
but your final reward will be heartache and tears  
if you've cheated the man in the glass."

Every successful person knows the vital role that their self- image, or the picture they hold of themselves, plays in their success. This snapshot is probably the most important single factor, which will determine how successful you will be in life – it is your destiny. I firmly believe that holding a poor self-image short-circuits a person's chances of success.

Your self-image is what you feel about yourself at the deepest level. It is your truth – because you subconsciously believe it about yourself. One's self image (especially with sensitive people) is a very fragile thing. It can be severely damaged by the loss of job, separation, divorce, mental breakdown or other trauma. Once broken it has to be slowly rebuilt,

## HOW TO CREATE A GOOD SELF IMAGE

brick by brick, which sometimes can take a number of years before the person becomes their old self once again.

The people closest to you have a significant impact on ones self-image. If they don't believe in you, it makes it very hard to move forward in your life.

How you see yourself personally and professionally also determines the level of your own motivation. A positive self-image means that your sub-conscious mind can be controlled by eliminating negative thoughts and attitudes.

Your subconscious mind determines your ATTITUDE to events and experiences. It is not what happens to you that is important – it is HOW you react to events: The "90% – 10% rule"!

"I am upset not by events, but rather by the way I view them."

Holding a good self image means seeing yourself as a unique and significant person – one who has a meaningful part to play in the world. You then add greater MEANING and PURPOSE to your life.

If you have a strong inner belief in yourself and your values, you can change your behaviour subjectively by changing your attitudes of mind or your inner beliefs. This is what is known as "self talk". For example:

You can turn a negative attitude about your weaknesses to a positive one regarding your strengths. Don't get bogged down with circumstances. The 'loser' with a negative self image often blames others for their adverse circumstances in life and usually suffers from feelings of depression. This negative self image then becomes a self-fulfilling prophecy, as failure follows failure in their life. So that a "cycle of despair" sets in. Very hard to break out!

On the other hand, the person with a good self image EXPECTS to live up to their expectations and achieve success, which is what usually happens. If you feel good about yourself, the brain sends out positive messages to your body (as seen in one's body language); so that you can act confidently and give off positive "vibes". This in turn develops confidence, which makes you feel more positive about "having a go" at something you would not normally tackle.

A positive attitude (ie. spirit of optimism ) is absolutely essential in the path towards success in whatever endeavour in

## HOW TO CREATE A GOOD SELF IMAGE

life you may choose.

We all know and envy those people who project an aura of confidence and success. Don't we?

Thus, self image is a vital self-management skill... and, like all skills, it needs constant exercise to nourish, strengthen and grow:

"Water the flowers, instead of the weeds in your garden."

How long has it been since we visited ourselves by looking closely at ourselves?

The technical word for this is introspection (loved by those "psycho types").

How Do You See Yourself Now?

1. What do you do well?
2. What do you like most about yourself?
3. What results/achievements are you most proud of?

Your self image can be an 'invisible ceiling'. Don't sell yourself short, because everyone has the potential to do anything.

"If you can think it, you can do it."

Aim high. If you train fleas to jump in a glass jar, even if you remove the jar, they do not jump any higher (it's a conditioned response).

Don't be a flea! Say to yourself:

"I need to lift the lid of my unlimited potential."

Lifting the Lid

Unlimited Potential

Self Image

Self imposed ceiling

Limited Potential

HOW DO YOU SEE YOURSELF IN THE FUTURE?

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Write a short note to yourself on who you want to be and what you want to achieve by the years 2003 and 2005 (perhaps even 2010, as the years fly by so fast, as we get older). Utilise visual imagery (or mental pictures) and talk to yourself in a quiet place. Stillness is the key.

Make a decision to change (if you want to) and where you want to go in life. Involve yourself in clear specific goals.

Enough about goal-setting. That's the subject of another article!

So work on your self image daily by affirming that you are "unique and special" . A person with individual gifts and talents. You DO have something totally unique to contribute to the world... by "simply being YOU."

Craig Lock

### The Special Person You Were Meant to Be

If you can value truth above approval, and friendship over power, wealth, or fame,  
If you can share your gifts wisely, leaving someone better off than when you came,  
If you find happiness, simple pleasures, and see the rainbow, not the falling rain ,  
If you have faith to keep on believing in miracles that no one can explain,  
If you live every day to your potential and find the goal in everything you see,  
Then you'll be, not just happy and successful, but the person only you were meant to be.

Craig LockMy various books\* may be viewed at:<http://www.nzenterprise.com/writer/books.html>and<http://www.novelty-gift.com/>

## **PLAYING WITH THE COLOR AND IMAGE**

**By Blur Loterina**

### **PLAYING WITH THE COLOR AND IMAGE by Blur Loterina**

Does your image appear good on the screen, but looks blurred, jagged or fuzzy when you print it?

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To clearly see the difference of the quality of image on screen and on print, take an image from the internet. Zoom it out or make it larger. Can you see how series of little squares appear on the image? Try to print it and you'll see that the color will fade. There will be a change in the resolution.

Resolution is, basically, the sharpness or crispness of an image. When an image is shrunk, the color looks lively. When you blow it or enlarge it, the color will fade and the image will look unclear.

Resolution is defined as the number of pixels contained in the monitor. Pixel, from the words "picture element", is the basic unit of programmable color in a computer image. The resolution is measured by the number of dots per inch (dpi), which is equal to the numbers of squares of color in an inch. A standard resolution for an image should be 300dpi and 400dpi for images containing text.

The resolution of an image is inversely proportional to the size of the image. In other words, when you increase the size of the image the resolution decreases, and vice versa. For example, if you enlarge an image, the size, of course, increases. But the quality or sharpness of the image decreases, giving you a blurred image.

When you extract images from the internet, most probably, you will have a poor quality image. Internet images are mostly saved in GIF or JPEG file format, which only consumes 72dpi. The purpose of saving image files on this resolution is to make the image easy to extract. Meaning, these images are not for print use.

Scanners, digital camera, computer monitor and other display devices use the RGB (red, green, blue) color mode, while in the printing process CMYK (cyan, magenta, yellow and black) color mode is used. Meaning, you have to expect change in the color of the image when you print it. To reduce the problem, you must convert your image from RGB to CMYK. There are image editing programs that offer color conversion, such as Photoshop or Corel PhotoPaint.

Do not expect to get good images from the internet. You must resort to other sources like real photos or pictures from magazines. When you scan, compare the size of the photo to the size of your layout. If the photo is larger than your layout, scanning at 300dpi is enough. If it is smaller, adjust your scanner's resolution setting and percentage size. If there are texts over the image, lighten the image so the text will be readable. If you do not know how create good prints, you can resort to a printing press.

For additional information and comments about the article you may log on to <http://www.printingquotesonline.com>



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