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How to Create a Good Self Image (Part Two)

By Craig Lock

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"Life is about finding, then following the dream...
and one's dream/vision comes to reality through believing in
yourself, making the commitment and then creating it."

– Craig Lock

This article follows on from Part One...

Central to genuine success is a positive and realistic self image. However, throughout the course of a given day we are exposed to negative feedback – in the form of the media and comments from others. Throughout the course of our lives, we frequently harbour damaged self images – this stops us discovering our full potential. Don't try to imitate others, but see yourself as a unique person, who can make a mark, some difference in the world.

In the past many people have not taken seriously what I have been trying to do in my writing.
(No, I just think they can't understand my "funny occupation").
Or perhaps they are right that I'll never be successful!
Cut that negativity out, Craig. You'll do it in time!

*

Hindrances to a positive self image:

1. Continual habit of self deprecation*.
(example: see last sentence in previous paragraph).

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* (What a big word – must try and use it more often to impress you readers!)

I believe many people put themselves down, pointing to their inabilities, inadequacies and weaknesses. People generally underestimate their capabilities and stress weaknesses, rather than their strengths – particularly women and in CV's. I believe this is the reason why many people live lives of mediocrity, never becoming what they might have been by realising their full potential.

2. A false sense of security.

Most people plod on in steady secure jobs (which they don't like), rather than stepping out into the unknown. Change is not nearly as dangerous as what people think. Says "adventurous he!"

3. Most people remember past failures with guilt, rather than celebrating what they did well. Take the credit yourself, no matter how small your achievements.

4. SNIOP = We are all very easily susceptible to the negative influences of other people . Even "well-meaning" friends. Don't listen, when others say you can't do it. It just makes them feel better in their "mediocre little lives".

5. Dare to be different and to what your heart says. FOLLOW YOUR DREAM... whatever it may be.

*

How to overcome a poor self- image

"Imagination rules the world."
– Napoleon

"Imagination is the world."
– Einstein

(Repeated by a slightly inebriated friend of mine, standing on a table at a nurses dance "many many moons" ago).
Thanks Peter "Allie".

Utilise the unlimited Power of your IMAGINATION.

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Don't think negatively in terms of failure. Change your attitude by visualising achieving your goals. If you want to change your self image, change your imagination by letting your mind dwell on what you want to be in the future. A race-car driver, pilot, professional writer, ballet dancer...or even an accountant!

If you want to change your behaviour, the quickest and easiest way is to change your own attitude, your mind-set. You don't necessarily need to change jobs or location. That's a big mistake I've made in the past! "Bloom where you are planted."

Establish a New Identity. That's why I've done as a writer for the past "lucky seven" years, as for so many years I was a "straight insurance man, a square peg in a round hole in the conservative corporate world"!

Use your mind. If you identify with a low self image, you will continue to view yourself poorly. Free yourself of your bad memories and fears of failure. If you are not happy with yourself, you may need to use the erase button, and record a new image to play back to yourself... on the videotape of your mind, but without the old negative bits.

Your self image is your most precious asset. Make it a daily task to build it, to nourish it and to feed it.

Be Open to Growth & New Opportunities.

Serendipity (Nice word for a daughter!) –
Most of my successes have come purely by chance by being in the right place at the right time, as well as staying positive even when things look bad. No, not bad, but really perilous sometimes stuck in a big black hole full of that "smelly brown stuff".

"The image that concerns most people is the reflection they see in other people's minds."

– Edward De Bono, famous writer on the concept of lateral thinking

In other words, I believe that too many people are worried about what others think of them.

Set Definite Goals:

Man is a goal-seeking organism. I think we humans feel happiest,

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when we are working to achieve something of importance/value.
Man's personality is controlled not as much by his past accomplishments and present environment, as by his future goals.

People with no definite goals live an unfocussed life – they often accomplish little of substance. An unfocussed life is a wasted life, and a wasted life is most open to a a low self image.

If you have no goal, where will you focus your abilities?

How will you direct your life? Crystallise your goals...then action them. I find that having a meaning and purpose in my life , ie. a LIFE MISSION is most fulfilling and satisfying.

GOALS BRING SUCCESS

Setting and then achieving them. They give structure and a plan to our lives, no more than that.

However, they also specify what accomplishments are important to us – by giving us a purpose, a reason for being. Like the ship navigating a course by the stars, goals guide us down the river of life – checkpoints to "tick off" to keep us on track. So write down your daily goals. Numerous studies have

shown that man uses only 10% of his abilities throughout his lifetime and only 5% of the population have any written goals*.

So then,

WHAT HOPE DO THEY HAVE OF EVER ACHIEVING THEM?

* Studies have shown that these 5% are the high achievers and "go-getters" of societies.

SPEAK POSITIVE WORDS

Always think the best of others. We all have disappointments, but never allow disappointments to trigger negative words of resentment and anger. Words that lead to self pity and depression.

EXERCISE POSITIVE FAITH

NB: Have Faith in yourself, but especially in God, The Universe, a Higher Power.

The Bible said: "As I think, I behave."

Don't ask me where to find it though?

(could some "Bible-basher" please let me know where I found that quotation).

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"How you see yourself is more important than how other people see you."

ASK YOURSELF:

+ + -

1. What do I do well? What do I do poorly?
2. What do I like most about What do I like least myself? about myself?
3. Of which results/achievements Which areas of my life am I most proud? need the most attention?

* The more you add to the left hand side of the ledger, the more you will outweigh the negatives you have accumulated over the years. Instead of being your own worst enemy, you can be your own best friend. You're bound to have

more on the left hand side than on the right.

A word to end off this chapter...

"Fall in love with yourself and be sure of a life-long romance."

I LOVE MYSELF*

(thanks for sending to me, Kaye – you are a very special person)

* please excuse "caps" – I'm not shouting, but am just too "lazy" to retype!).

I LOVE MYSELF THE WAY I AM
THERE'S NOTHING I NEED TO CHANGE
I WILL ALWAYS BE THE PERFECT ME
THERE IS NOTHING TO RE-ARRANGE
I AM BEAUTIFUL AND CAPABLE
OF BEING THE BEST ME I CAN
AND
I LOVE MYSELF JUST THE WAY I AM

I LOVE YOU JUST THE WAY YOU ARE
THERE IS NOTHING YOU NEED TO DO
WHEN I FEEL THE LOVE INSIDE MYSELF
IT IS EASY TO LOVE YOU
BEHIND YOUR FEARS
YOUR RADIANT HUES
I SEE YOUR SHINING STAR
AND
I LOVE YOU JUST THE WAY YOU ARE.

I LOVE THE WORLD THE WAY IT IS
'CAUSE I CAN CLEARLY SEE
THAT ALL THE THINGS I JUDGE ARE DONE
BY PEOPLE JUST LIKE ME
SO TILL THE BIRTH OF PEACE ON EARTH
THAT ONLY LOVE CAN BRING
I'LL HELP THAT GROW BY LOVING EVERYTHING.

I LOVE MYSELF THE WAY I AM
AND STILL I WANT TO GROW
THE CHANGE OUTSIDE CAN ONLY COME
WHEN DEEP INSIDE I KNOW
I'M BEAUTIFUL AND CAPABLE
OF BEING THE BEST ME I CAN
I LOVE MYSELF JUST THE WAY I AM.

This extract is from Craig's first published book **HANDBOOK TO SURVIVE** – a collection of writings on various subjects to help every man or woman survive in a rapidly changing, uncertain world. To order **HANDBOOK** today, click on:<http://www.novelty-gift.com/>

Image is Key to Your Marketing Success

By Debbie Dahmen

In virtually any business first impressions are lasting impressions. Most people have heard this statement for years, and yet some people completely ignore the first impression they are conveying to potential customers or clients.

Regardless of the industry you are in image is a part of your marketing. Take the real estate industry. An often-overlooked part of marketing is the image an agent projects. This includes marketing collateral, clothing and the type of car you drive.

Do you convey the image that is appropriate for your market? If you are dealing with first time buyers, does your image match the market? If you are dealing with very seasoned buyers, what is the

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nonverbal message you are communicating? Not that you should become something you are not, but you should be aware of the message you are conveying. Image doesn't mean you have to go into debt over it. However, it does mean to make appropriate investments.

An aspect of your image is the company or corporation you work for. If you are part of a larger company remember you are part of a larger company. No matter how much you may want to do things that are outside company policy, if you are with that company then your agreement is to follow their structure.

Your image is also reflected in how you talk to customers about the company you represent. Speak well of any organization you are connected with. If you can't then perhaps a change of the company you are associated with is in order.

You phone skills are also a part of your message. How do you answer the phone? Are you happy to hear from customers or are they an annoyance to you? If they are an annoyance, you definitely need to get out of the business you are in. And FAST!

Whatever your profession keep in mind the impression you are leaving behind. Is it one you want to be remembered by?

Debbie Dahmen is a member of the Distinctive Properties team, a unique personalized real estate agency serving the south end of the Salt Lake valley including Draper, Riverton and Sandy. Family owned and operated, Darlene Dipo, Debbie Dahmen and DeAnna Dipo pooled their 60 years of experience to offer their clients flexibility and individualized attention. All three women have achieved the coveted designation of Certified Real Estate Specialists, a designation held by only 3% of real estate agents. Offering services including buying, selling, and relocation, Distinctive Properties offers relocation services throughout the United States. Visit

for further

information.

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Terms Used the in the Stock Photography Business

PLAYING WITH THE COLOR AND IMAGE

How to Choose Stock Photography for Your Ebook Covers

How To Create A Stunning Drop Capital Effect On Your Web Pages

Webcam Watcher

Photo Re-Sizer

PDF Labelling and Stamper Pro

Instant Cover Graphics!

How To Overcome Dandruff



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