

The ✓ for Healthy

Thinking E-BOOK

www.attitudespecialist.co.nz/self_esteem.shtml

**Create positive, healthy thinking and
boost your self-esteem on your way
to overcoming obstacles
and achieving success in your life.**

Version 1

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Introduction

Janice – the lady with *nice* in her name, works with motivating and inspiring peoples thinking and attitude to spring load to success. She’s an expert she says, because she had to do it for herself. She thought happiness, fulfilment and success would just happen. She didn’t realise that she had to create it. She learnt the hard way by changing her self belief from a person with low self-esteem, to a person with high self-esteem believing that ‘ the world is her oyster’.

Her greatest journey, after many stumbles along the way was discovering her real self, re-aligning her dreams and then enjoying working towards creating them

A few of her major successes are: Surviving 15 years as a single parent and raising two daughters... “the greatest learning curve out” she says “and the most rewarding!” Volunteering to work in the patrol boats for the 2000 Americas Cup. Self publishing her first book *Sailing a Different Course*.

Her business is called Attitude Specialist and she works with corporates, groups, and individuals steering them towards success. Her presentation topics for conferences include Attitude, Stress, Work Life Balance, Communication, Personalities, Goals, Tricky people and more. Her second book Successful Single Parenting will be published late 2004.

She is adamant that self-esteem is the key to success and shares a little of her knowledge in this book. Her goal is to expand The Purple Tick for Healthy Thinking into an annual event promoted here in New Zealand and then overseas. Some one has to be on the Oprah Winfrey show she says, other New Zealanders have done it, so ‘why can’t I.’ It’s all about Humanity!



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The Purple Tick for Healthy Thinking Campaign

AN ARTICLE

A SELF-ESTEEM DAY FOR NEW ZEALAND

Do New Zealanders lack self-esteem? Are our suicide rates too high? Are social problems consequences of bad attitudes? Attitude specialist Janice Davies thinks so and is organising an annual national self-esteem day to address the problem.

Everyone knows the red tick for a healthy heart, she says, and would like to see the purple tick for healthy thinking on newspaper articles, television advertisements, television items, and spread on other items throughout the community.

‘I think it’s going to be the worlds first self-esteem day,’ says Janice who styles herself as ‘The lady with “nice” in her name’ and runs a small company, training personnel and helping other companies find commercial success. She’s also a professional speaker, a member of the National Speakers Association of NZ.

The National Self-Esteem day is a ‘feel good’ day, she says, whose purpose is to unite New Zealanders by getting them to think about who they are and help them feel better about themselves. She lays out the programme for the day under three headings,

Ideas to boost your own self-esteem
Ideas to boost another persons self-esteem
Activities for work, home or school to have fun and achieve in NZ

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‘It’s an idea whose time has come’ she enthuses. ‘A day for people to boost their own self-esteem, and spread it to others.

‘A low self-esteem affects a broad spectrum of society, from professional people to beneficiaries. It can have a short term effect on a person when a crisis occurs in their life, or a long term affect on people where they are affected throughout their lives. Low self-esteem affects a person’s self-responsibility, dependency and achievements in life.

‘Prevention is better than cure’, says Janice, emphasising that it’s a minority group who have never been affected by low self-esteem at some time.

‘It’s learning to believe in oneself and understanding that life is a personal journey to success. However, many people get hampered along the way by their own and others thoughts in some form of put-downs. Then they physically and mentally withdraw and don’t contribute to society.

‘We want people to have a positive attitude and be a success for themselves and others.’ Nelson Mandela says, “Your playing small does not serve the world.”

Self-esteem day will be non-profit, organised by New Zealanders for New Zealanders and will become an annual even, in July each year. Sponsorship, ideas and assistance is welcome.



The Six Vital Ingredients Of Self-Esteem

Self-Esteem is a composite of six vital ingredients that can empower or detract from the vitality of our lives:

The six are:

- 1 **PHYSICAL SAFETY**
Freedom from physical harm.
- 2 **EMOTIONAL SECURITY**
The absence of intimidations and fears.
- 3 **IDENTITY**
The “Who am I?” question.
- 4 **AFFILIATION**
A sense of belonging
- 5 **COMPETENCE**
A Sense of feeling capable.
- 6 **MISSION**
The feeling that one’s life has meaning and direction.

BETTIE B YOUNGS
The 6 Vital ingredients of self esteem
How to develop them in your students
Printed courtesy of Gordon Dryden – The Learning Revolution
www.thelearningweb.net

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Self

Emotion

Love

Fulfilment

Enthusiasm

Safety

Thinking

Energy

Expertise

Magic

Self It's important for you to look after and love yourself. It is YOUR life and you have the choice what you want to achieve. It's important to discover and learn about yourself. As a child you are influenced by your parents, however once you become an independent person, working, supporting and living by yourself you have the opportunity to learn more about you. You are with yourself from the moment you're born to when you leave the planet, you owe it to yourself to begin your path of self-discovery and be important to yourself.

Emotions Your emotions are your feelings. Angry, sad, happy, scared or excited. Sometimes we're not taught how to express them and so confusion develops. It's okay to be angry, but it's how you express it that's important. Punching a punch bag or pillow is great. It's okay to cry when you're sad, and it's okay for both males and females. Happy and excited are great feelings, it's you being joyous and enjoying life, which is what life is about.

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Love The most important person to love is you. However, often it's the last person you chose to love. Many people search for love in another person and when they can't find it, wonder why it's elusive. If you can't love yourself, it's more difficult to love other people. If you're having difficulty loving yourself, list 5 great qualities about yourself and refer to your list often. There are many different kinds of love, including parents, family, friends and partners. Sharing and experiencing love and friendship gives you a sense of belonging in a family group, a group of work friends, a community group or a sports group. It's comforting to feel wanted and needed.

Fulfilment Many people have dreams and think they're just going to happen. Winning Lotto is a common dream and many people try each week to create their dreams that way. However, feeling fulfilled needs to be more realistic. When you're involved in activities, which you enjoy, your feeling of fulfilment in life escalates. The more you include in your life the better you feel. It could be coaching the local netball team to starring in the All Blacks, to passing your exams or drives licence. Fulfilment gives you a feeling of being a winner!

ESTEEM

Enthusiasm When you're achieving goals, enjoying life, working on a project or towards something you've dreamed about, you feel enthusiastic. It's a hard emotion to describe. It's mostly seen in young children when they're learning to walk, talk, swim, paint or involved in something new. Unfortunately as children grow older and become teenagers and adults, their enthusiasm about life disappears. They may have been put down because of their enthusiasm or excitement about something. If you're missing this 'sparkle' in your life, search for activities that you enjoy and your enthusiasm will return.

Safety Personal safety is important to everyone. It's an aspect of life that makes you feel secure, confident and enthusiastic about life. It's applies in your home, school, your work and public areas. Situations where this doesn't happen are particularly difficult for children. As an adult you have more choices about your life, but it's important for you to feel safe in life and if not take action.



Thinking Every second you have a choice whether your thinking is negative or positive. If it's negative, you'll find it difficult to feel good about yourself and achieve what you want in life. You have control over your thoughts, even though at times there's a 'voice in your head' that appears to think whatever it wants. When you get a negative thought you need to think "NO" I don't want to think that and reverse your thought to say YES. If your thought is You're a failure, change it to I am a winner! It takes practise but it can be done.

Energy Every thing you eat affects your energy levels. For you to be successful your energy needs to be high. You need to be eating food that sustains your body. The food must give you a slow release of energy rather than a quick fix like chocolate. Your body also needs regular exercise. Walking 30 minutes a week for 3 or 4 times is a good start. Swimming, rowing, dancing or any sport where you move your body is good for you. Being a couch potato and lying watching television does nothing for your body, energy levels or self-esteem. It just makes you feel tired and sleepy which is non productive for you.

Expertise Learning a new skill is invigorating. It makes you feel good. The more you learn and the wider range of skills, the better you feel about yourself. You can be a good cook, mechanic, parent, computer technician, musician or anything. It doesn't matter as long as you're enthusiastic about it and it gives you a sense of fulfilment. It may be your passion or just something you're interested in. Being capable in different areas of life is great for you but you also need to acknowledge and congratulate yourself for your expertise as well.

Magic The most wonderful thing about you is that there's no one else on the planet exactly like you. You are unique! You have a right as a human being to be you. Your thoughts and feelings belong to you and you can express them by using words like "I think" or "I feel". No one can say they are right or wrong because they are your thoughts and feelings. However, often when low self-esteem is experienced, people allow themselves to be led by others. They become submissive and do what other people want them to, not what they want. Using the word "no" gives you back the power in your life. Living your life as you want is empowering stimulating and exciting. That gives you the 'magic' you want in your life.



5 Activities to Boost your OWN Self-Esteem

- 1 Pamper Yourself – buy yourself a nice morning tea on Friday
- 2 Write 5 things you do well at work and congratulate yourself
- 3 Meditate & visualise or get in touch with nature – enjoy a beach or bush walk
- 4 Write 5 goals and 5 action steps. Eg Tidy desk – clean top drawer
- 5 Express your feelings say ‘I’ think or feel statements & say ‘No’ to something you don’t want to do and ‘YES’ to you.

5 Activities to Boost ANOTHER PERSON’S Self-Esteem

- 1 Spend time with the people you love – tell them they’re important to you
- 2 Do things to surprise people at work – send flowers, an e-card, a letter
- 3 Say thank you to someone who’s helped you & help others back in return
- 4 Plan an activity for others or outing to help someone relax and de-stress
- 5 In a group circulate a piece of paper with a person’s name on it, everyone write a positive statement about the person and give it back to the person.

5 Activities/Goals to Enjoy & Achieve for New Zealand

- 1 Donate or give away something to charity, community group or friends
- 2 Source positive quotes and stories that motivate you and share with others
- 3 Achieve a goal you’ve wanted to complete or start achieving a new one
- 4 Organise something fun at work – morning tea, best photos, display this notice.
- 5 Do something to help make NZ a better place to live, smile, say hello, help someone, or pick up a piece of rubbish



5 Activities to Boost Children's Self-Esteem

1. Praise them for positive thinking, decisions and behaviour.
2. Make your home a learning centre where there are resources and reasons to read, write and develop a lifelong love of learning.
3. Hug your child when she is most unlovable the most prickly and negative.
4. Allow your child to prepare a meal for you.
5. Have photos of them in your purse or wallet and tell them you look at it several times during the day.

5 Activities to Boost Teenagers Self-Esteem

1. Listen to their opinions and value their differences.
2. Engage in adult to adult conversation.
3. Have faith in their ability to complete tasks, even though it may involve a learning curve for them.
4. Show them affection without making them feel sub-conscious.
5. Let your teenager know their presence makes a difference, that you value their input on matters of importance by putting into practice one of their creative ideas to solve a problem.

5 Activities to Boost Parents & Grand-Parents Self-Esteem

1. Remind them of something you enjoyed doing together when you were younger
2. Tell them you appreciate them attending any events you were in when you were young.
3. Visit them, phone them, email or send them letters to keep communicating with them.
4. Keep them updated with new photos.
5. Tell them you love them.



I LOVE MYSELF

I love myself – the way I am
There's nothing I have to change
I'll always be – the perfect me
There's nothing to re-arrange
I'm 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's nothing you have to do
When I feel the love- inside myself
It's so easy to love you
Behind your tears, your raging fears I see your shining star
And I love you – just the way you are

I love the world – the way it is
Cos 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 it 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
And I love myself – just the way I am

Inspired by Louise Hay



Conclusion

Action Steps to do Now:

- 1 Maintaining healthy and positive thinking is a daily event. Sometimes it's an hourly event when challenges are occurring in your life. Change your thinking from negative to positive. Get books from libraries or bookshops with quotes. Register online for my regular weekly quote.
- 2 Using affirmations to reinforce the great things you feel about yourself search the library or bookshops for books and ideas using affirmations. Email me for the article, *Turning goals into Affirmations*.
- 3 Setting a goal and taking action steps towards achieving, makes you feel better and gives you the 'buzz' in life you're looking for. Purchase online or via post my *Achieve Success Workbook*.
- 4 Follow my booklet *30 Tips towards keeping a Positive Attitude*. Purchase via my website or post.
- 5 Get a coach, or join a group of people who want to achieve goals and set up a Mastermind group. Email me for set-up details. Register for online *Success Coaching*.
- 6 Keep with positive people. Join groups where you can meet and maintain contact with these people. Ask for help if you need it.
- 7 Rid negativity from your life. Turn off the TV when there's violence. Email me for the article *Rid Negativity from your Life*.