

Self-Power[®]

“When Body, Mind & Spirit Become ONE”

Step Into Your POWER

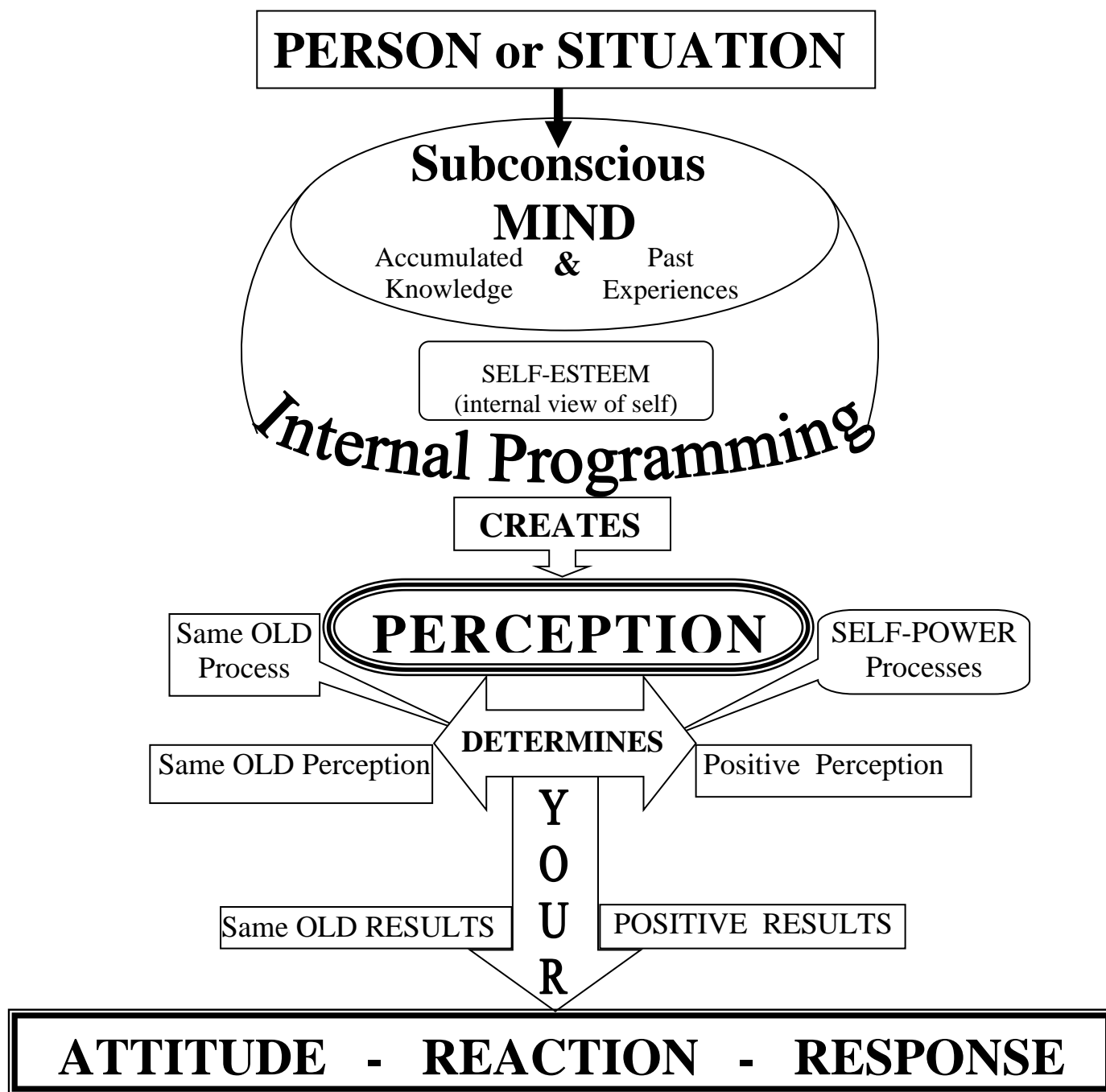
Self-Power Classes for Women

Dot Campbell

Step Into Your POWER

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Self-Power® means you take control, not of the people and situations that you encounter, but of your attitude and reactions to those situations and individuals through your perception. Your perception is created in your Subconscious mind from all the knowledge and experiences that you have accumulated during your life, PLUS how you are feeling about you at that moment (your self-esteem). This is your Internal Programming which ultimately determines your attitude, reaction and response to all people and situations.



Self-Power® is taking responsibility for your actions and the results of those actions. When you are in control, through Self-Power you determine your success both on a personal and a professional level.

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Self Image Analysis

Internal

External

Both your internal and external image of yourself are dependent on your self-esteem. If you have a good positive internal self image, *high self-esteem*, then it will be reflected in your external image.

You can make changes to your external image, but if those changes do not coincide with your internal view of you, then those changes lose their value as a positive asset to your self-esteem.

What is *self-esteem*? - **Dictionary Def:** "respect for, or favorable impression of oneself" - **IN OTHER WORDS** - *really loving and valuing yourself*. Self-esteem begins with a good self-image - not the image you see in the mirror, but the image that comes from inside,

"your inner view of yourself"

Before we can build our self-esteem, our view of self - we must answer a few questions with complete honesty:

1. Do I know myself and acknowledge my good qualities?

Answer this question by completing the *Self-Esteem List* on the following page.

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SELF-ESTEEM LIST

- **List** the things that you like about you - what you consider positive qualities. Think about what you like about your body, how you relate to people, your intellect, your spiritual nature.

Examples: *My clear complexion*
 I'm a good friend to others
 My good memory

■ ***Things that I like about me:***

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

NOTE: Keep adding on to this list.