



7 STEPS TO IMPROVE YOUR *Self-Image*

Scientists and psychologists have determined a person's self-image is the primary cause of success and failure in life.

So, if you want to improve one or more areas of your life, instead of focusing on the condition that you want to improve (e.g., increase income, attract a loving partner), it's essential that you change what's going on inside.

As you start to alter your self-image (the way you see yourself), the circumstances and conditions outside will begin to change.

Here are seven steps you can take right away to start altering your self-image:

Visualize

Take 10-20 minutes, two or three times a day, to visualize yourself with the nice things you'd like to have or do. Allow yourself to completely relax so you can feel what you want all the way down to your cells. Live the part while you are visualizing.

Write it Down

Burn the image of how you want to live in your mind, and then write a detailed description of it in the present tense (I am so happy and grateful now that...). Carry the statement with you and keep reading it.

Dress for Success

After you've created the written description, stand back and take a real good look at it. Then compare it to how you're currently living. Once you've made this comparison, you'll see the changes that you need to make. Begin making those changes one at a time.

A good place to start is with your personal appearance. You want to present yourself physically in a manner that is consistent with the new winning image that you are developing.

Send Nonverbal Cues

Just as a smile signals to others that a person feels good or is happy, certain nonverbal displays signal confidence and other positive attributes. These displays include an expansive or open posture, speaking more and looking at the other person while speaking.

Things as simple as how you dress, how you walk, and how you project yourself, sends a very powerful message to your subconscious mind. It also sends a strong message to everyone in your external world.

Act as if

Think of 3 people you admire. Pick a trait from each of them that you want to incorporate into your life. Write it out, study it, do it. Keep your awareness open and 'Act as if' you possess the trait.

Say Yes

Start saying 'yes' to things you would have said 'no' to in the past. This can help you step out of your comfort zone and into the person you want to be. Saying 'yes' to new experiences and opportunities helps you explore, applaud and love your truest self.

Read Psycho-Cybernetics by Dr. Maxwell Maltz

This is one of the best books you can find for helping you understand and change your self-image.