

Words of Well-being

COACHING

| INSPIRING

| PLANNING



The month of May is revered for many things. From the flowers brought on by the April showers, to the last month of spring, to the many celebrations, including Mother's Day and Memorial Day, May is a month of celebration. And we are adding to the celebration: celebration of SELF!

Last month, we started to unpack the key role that self-esteem plays in our lives. So often, we tend to see ourselves the way others see us. Who and what you are is not determined by what other people say you are. To become the person you have the potential to become, you must believe you CAN become that person! Maxwell says the value we place on ourselves is usually the value others place on us. That is fine when we are surrounded by people who believe in us. But, if the important people in your life expect you to go nowhere, then that is what you will expect for yourself. We all need to be more concerned about what we think of ourselves. This month, we begin the celebration of self by taking the steps to building a self-image. We will start the journey by looking at five of Maxwell's 10 suggestions to put value on self:

1. **Guard Your Self-Talk:** Whether you know it or not, you have a running conversation with yourself all the time. What is the nature of yours? Do you encourage yourself? Or do you criticize yourself? You need to learn to become your own encourager, your own cheerleader. Every time you do a good job, don't just let it pass; give yourself a compliment. Every positive thing you can say to yourself will help you.
2. **Stop Comparing Yourself to Others:** What happens when you compare yourself to others? You either perceive the other person to be far ahead of you and you feel discouraged, or you perceive yourself to be better than the other person, and you become proud. Neither of those is good for you, and neither will help you to grow. Your mission is to become better today than you were yesterday. You do that by focusing on what you can do today to improve and grow.
3. **Move Beyond Your Limiting Beliefs:** We typically do not believe that we can accomplish great things. The greatest limitations we experience on their lives are usually the ones we impose upon ourselves. Charles Schwab said, "When a man has put a limit on what he will do, he has put a limit on what he can do." Author Jack Canfield offers a solution to self-limiting thinking. He recommends the following four steps to transform limiting beliefs into empowering beliefs.
 - Identify a limiting belief that you want to change.
 - Determine how the belief limits you.
 - Decide how you want to be, act, or feel.
 - Create a turnaround statement that affirms or gives you permission to be, act, or feel this new way.
4. **Add Value to Others.** Making a difference—even a small one—in the lives of other people lifts one's self-esteem. It's hard to feel bad about yourself when you're doing something good for someone else. In addition to that, adding value to others makes them value you more. It is hard to feel bad about yourself when you are doing something good for someone else.
5. **Do the Right Thing, Even If It's the Hard Thing.** One of the best ways to build self-esteem is to do what's right. It gives a strong sense of satisfaction. Being true to yourself and your values is a tremendous self-esteem builder. Every time you take action that builds your character, you become stronger as a person—the harder the task, the greater the character builder. You can actually "act yourself" into feeling good about yourself, because positive character expands into every area of your life, giving you confidence and positive feelings about everything you do.

This month, put the empowering beliefs in motion. Read suggestion three again. Create your turnaround statement and repeat it to yourself every day for as long as you must in order to change your self-limiting thinking. Once you've identified the belief, define how that belief is limiting you. Then describe what it will be like when you achieve the opposite. How will it make you feel? What will it enable you to do? What might it do for your career? Remember, in the end, it is not what you are that holds you back; it is what you think you are not. Next month, we will celebrate the transition to summer by completing the suggestions to put value on ourselves. We leave you with these words from author Ernest Agyemang Yeboah: *A great difference between May and Day is the M and D! Be a good Managing Director of your life each day in May.*

Healthy Minds, Healthy Bodies!!!