Self-Esteem Enhancer

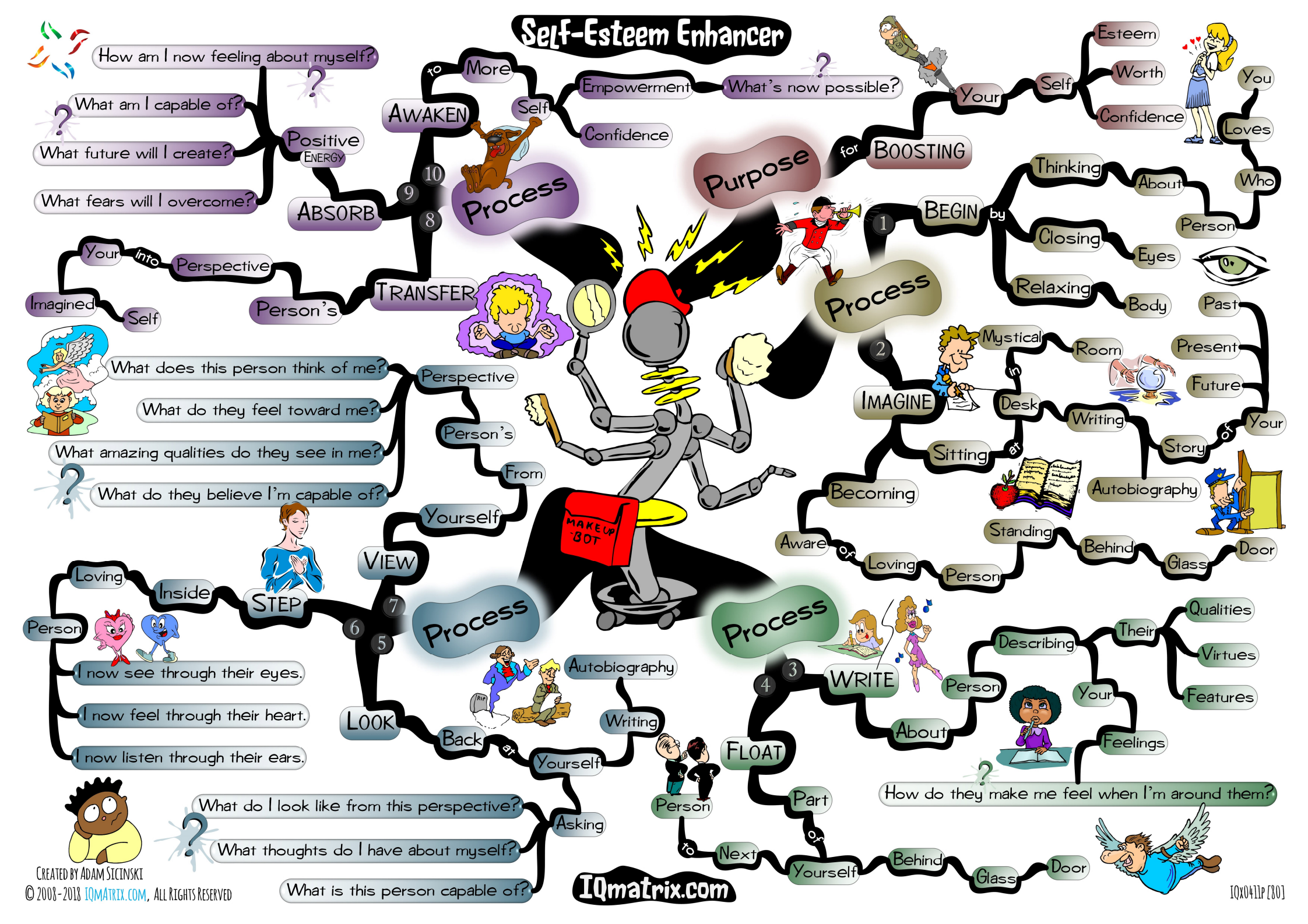
Purpose

Process

1. BEGIN by
   - Thinking About Person Who Loves You
   - Closing Eyes
   - Relaxing Body
2. IMAGINE
   - Mystical Room
   - Sitting at Desk in Writing Autobiography Story of Your Past Present Future
   - Becoming Aware of Loving Person Standing Behind Glass Door
3. WRITE
   - About Person
     - Describing Their Qualities Virtues Features
     - Your Feelings
4. FLOAT
   - Part of Yourself Behind Glass Door
   - Next to Person
5. LOOK
   - Back at Yourself
     - Writing Autobiography
     - Asking
       - What do I look like from this perspective?
       - What thoughts do I have about myself?
       - What is this person capable of?
6. STEP
   - Inside Person
     - Loving
     - I now see through their eyes.
     - I now feel through their heart.
     - I now listen through their ears.
7. VIEW
   - Yourself From Person's Perspective
     - What does this person think of me?
     - What do they feel toward me?
     - What amazing qualities do they see in me?
     - What do they believe I'm capable of?
8. TRANSFER
   - Person's Perspective into Your Imagined Self
9. ABSORB
   - Positive Energy
     - How am I now feeling about myself?
     - What am I capable of?
     - What future will I create?
     - What fears will I overcome?
10. AWAKEN
    - Self to More
      - Confidence
      - Empowerment
      - What's now possible?

Process

- BOOSTING for Your Self
  - Esteem
  - Worth
  - Confidence



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