Self-Esteem Builder

Purpose

- Your Self Esteem Confidence Throughout Day
- BUILDING for
  - When
    - I'm not feeling my best.
    - I'm under performing.
    - I'm lacking in confidence.
  - Aware
  - Vigilant
  - How am I feeling right now? Why?
    - Feeling
      - Focusing on Things
        - Internally
        - Externally
    - Speaking
      - How talking to myself?
    - Moving
      - How moving body?
    - Interpreting
      - How interpreting things?
      - What assumptions making?

Process

1. STAY
2. ASSESS
   - What Stops You Feeling Your Best Good in This Situation
   - Version of You That Feels Confident Empowered Capable
   - Goes for what it wants.
   - Where You've Acquired Necessary Resources Confidence Excel to
   - Near Future SCENARIO
   - CREATE an Ideal Future
3. Process
   - Future Events Challenges Scenarios
   - Bubble Along Your Timeline
   - Replicas Clones of Bubble into
4. ASSESS
   - How Feeling How are they feeling? Why?
   - How focusing on things? Internally? Externally?
   - Focusing
   - Speaking
   - You is Future
   - Interpreting is How interpreting reality?
   - Moving How using their body?
   - Interacting with Others
5. Process
   - SURROUND
     - Image of Self Current Future
     - Separate in Self Bubbles
6. Process
   - REPEATEDLY
     - Make Self Future Bubble Huge
     - Current Self Bubble Tiny
     - Feel Positive Emotions
       - I feel good about myself.
7. PLACE
   - Self Future From
     - Transforming Completely Enveloping You
     - Your Emotional Body State
     - Radiating Through

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