

## Spirit Level Success™ System - Six Secrets of Self-Esteem

### Secret #1 SELF - Introduction



You are unique. You are special. You may not always realise and appreciate this, but it is true. All of the time.

Let's be clear from the outset – you're strong, and you deserve to be here and to live the most meaningful and fulfilling life possible. Just as much as anyone else. So, let's get started and look at Secret #1 of the **Spirit Level Success™ System – Six Secrets of Self Esteem**.

Secret #1 is all about SELF. About having the best relationship with your Self that is possible. And to do this you are going to climb your **S.T.A.I.R.™ of Self-Confidence**. When you follow and practise this system, I guarantee that you will learn to be able to re-balance your sense of self-confidence and self-esteem any time, *every time*.

Throughout this Secret you will see a few lines of space after you are asked a question, or after you are asked to reflect on a particular process which you have been invited to follow. At such points, you may find it useful to write down your observations of anything you notice or any insights you receive, so that you can record the progress you are making.

You might consider acquiring a special journal or notebook that you can use just for the work you complete within the **Spirit Level Success™ System – Six Secrets of Self Esteem**

## **Spirit Level Success™ System - Six Secrets of Self-Esteem**

### **Secret #1 SELF – Week 1**

#### **S.T.A.I.R™ - Self-Compassion (part 1)**

The **S** in **S.T.A.I.R.**™ stands for **Self-Compassion**. Self-compassion is the first step in building your solid sense of self-confidence and self-esteem. You cannot demonstrate compassion to anyone else in a meaningful and congruent way, if you cannot show yourself true compassion in those moments when your natural instinct is to hurl internal abuse and criticism for being less than perfect (and guess what, perfection doesn't actually exist so let it go).

Would you speak to your friend, or partner or children like the way you would speak to yourself if they got something wrong? (I didn't think so).

Take a moment to read through the most powerful affirmation ever. Then read it again. Very slowly. Then learn the words. And as you do so, *feel* the words fully. Let them really land in your body, in your heart, in your psyche. Read them as though they are true – even if you won't quite believe it yet (and that's OK, give it time).

Allow the words to land with you, to such an extent that you feel a shift (however small), in your energy. You must do more than just *say* the words. You need to *experience* them too; enough to change your internal state and emotions because only then will you really be able to make the difference you so want;

**I am *loveable* and *capable***  
**I am *whole*, I am *unique***  
**I am *strong*, I am *resourceful***  
**I *matter*. I am *enough*.**

Love yourself enough to take time to go through this process slowly, carefully, and repeatedly – particularly when you have times where you can feel your sense of Self starting to dip.

Have a strong enough desire for things to change, and the open-mindedness to give this a chance of working for you – what do you have to lose?

#### **I am *Loveable***

Think of someone who you have been connected with in your life (they may or may not still be with you physically), and they adore you. They really care about you, and love you deeply, *no matter what*. It might be a partner, sibling, relation, friend, child, work colleague, or anyone who is close to you, and their feelings for you are completely unconditional.

Imagine now that you are sitting with them in a room, next to each other on a sofa with your bodies turned slightly in towards each other as though you are having a conversation.

**Take yourself back to the last time you were with them. Go back in to that memory and fully recall the whole experience. What did you feel at the time, what images do you remember, what kind of words were being spoken, and how was your breathing?**

---

---

---

**Now imagine that a part of you that is curious, takes a step out of your body, walks over to this person, and steps into their body – just for a few minutes (and don't worry, no-one has noticed) – so you are now looking at yourself as though you are them. When you sit where they are sitting, and see yourself through their loving eyes and experiences, through their unconditional filter of love for you – What do you see?**

---

---

---

**What do you notice about yourself that *they* see, yet you always ignore?**

---

---

---

**Go deeper into this experience. Feel what they feel for you, and really see yourself through their eyes.**

**What do they really love about you?**

---

---

---

## **You see? You really are so very lovable.**

Use these deeper techniques each time you use the Affirmation, whenever you need it.

### **I am *Capable***

Imagine you have a sheet of thin, transparent plastic. This is your filter. And it's very special, because when you place your filter over the imaginary pair of glasses you wear to see the world and all your experiences, and many of your memories, your filter can make you interpret every different situation (whether past, present or future) in any way it likes.

You're probably very familiar with the filter of 'I'm not good enough' or 'I can't do that' – in fact, you're something of an expert. Remember the last time someone made a harmless comment to you and you made it mean that you must have done something wrong? (even though that wasn't their intention).

How often do you actually look at yourself through the filter of 'achievement' or 'contribution' and say things to yourself like 'wow, look what I just achieved' or 'what an amazing difference I just made to that person'.

Being capable isn't about just academic qualifications or promotions at work (even though these may still be relevant and important to you), but about *all* the ways in which throughout your life you have been able to do what needs to be done. To step up. To dig deep, even when all the odds were stacked against you.

Take yourself back now to think of a specific situation where things may not have gone to plan, but because *you* were involved, everything worked out fine.

### **Who was involved?**

---

---

---

### **Sum up the situation in one sentence**

---

---

---

**What was it specifically that *you* contributed to the situation to bring about that outcome? What exactly did you say or do? What decisions did you make at the time?**

---

---

---

**List just 3 of your own life successes – these could be academic achievements, work promotions, business successes, hobbies, sporting achievements or anything where you have put your mind to something and achieved what you wanted;**

---

---

---

**Now take the time to think back more deeply, and add more examples of where in your life you have demonstrated how very capable you are. Identify at least 10 if you can;**

---

---

---

**Once you have your list of 10, go through each achievement or contribution in turn, and identify what specific skills, qualities or characteristics you needed to have in order to achieve what you did. There will be more than 1 for each. List them here;**

---

---

---

Can you see how very capable and amazing you are?

**It is really important that you take time during this week to repeat the work covered so far in this Secret.**

**Value yourself enough and really connect with your motivation, so you can prioritise this and spend *sufficient* time on it, ensuring you make a meaningful emotional connection with each step you take.**

**This is your time now, and you matter.**