

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

### **Secret #1 SELF – Week 2**

#### **S.T.A.I.R.™ - Self-Compassion (part 2)**

The **S** in **S.T.A.I.R.™** stands for **Self-Compassion**.

By now you may be really familiar with the best Affirmation ever. You have hopefully been using it over this last week, and starting to find a real benefit to having it in your armoury of resources;

**I am *loveable* and *capable***

**I am *whole*, I am *unique***

**I am *strong*, I am *resourceful***

**I *matter*. I am *enough*.**

#### **I am *whole***

You were born with everything you need – maybe not physically, but emotionally and spiritually (whatever that means for you). You were born whole and complete, there is no part of you that is missing or has to be found. You are not broken or diminished in any way, whatever happens in your life. Everything you need is within you. You have all the resources you need, inside you already.

You may have skills to learn, but your skills do not and must not define you. Just because you need help or need to learn something, does not make you less than complete.

You may sometimes say or do things you're not proud of (you are human after all), but the part of you which generated that behaviour is still an important part of who you are (they just need to learn different ways to express themselves).

Think about this for a minute – you are 100% complete, and every single part of you contributes to making you whole.

**Take 10 minutes to sit down in a quiet, peaceful place, close your eyes, feet firmly on the floor, hands open and resting on your legs then breathe deeply, and connect deeply within yourself. Repeat the following words to yourself slowly and meaningfully, for 3 minutes;**

**(On the in-breath) I am whole,**

**(On the out-breath) I am complete,**

**(On the in-breath) I am whole,**

**(On the out-breath) I am complete,**

**What do you notice when you say this to yourself repeatedly and meaningfully? Write down any shift you experience (however small) whether in your emotional state or anything else;**

---

---

---

### **I am *unique***

Do you know that the chances of *you* being born, with all your unique genetic make-up, your inherent characteristics, your special way of seeing the world and being in the world, were massively stacked against you? You beat odds of 4 billion:1 to fight your way to being born.

Whether or not you believe it, those statistics make it very clear that you are completely and utterly unique.

No-one else is as special as you are, and no-one else will ever have exactly the same experiences or perspectives in life, or the same memories or exactly the same 'take' on a situation.

All of your individual life experiences so far have helped to shape who you are and how you see other people and the world.

No-one else could or will ever be able to achieve what you have done, in quite the same way as you did. You are irreplaceable. And very special. There is only and will only ever be one of you.

**Read through these words again, and really let them land.**

**How do you feel when you read them, really read them and allow yourself to believe them?**

---

---

---

### **I am *strong***

The word strong, is often used in the physical sense. But whilst physical strength is important sometimes, what you need to consider here is your emotional and psychological strength which, in many ways, is far more important. You really are so much stronger than you give yourself credit for.

**Think about the last time you were in a situation where you had to *really* put someone else's needs above your own, where you had to let somebody else *properly* lean on you for emotional support? (you have *definitely* had this experience, even if you can't immediately recall such a situation). Maybe it was supporting a friend or family member through illness or bereavement. Maybe it was to support them through a significant life change.**

**Who was involved and in what circumstances?**

---

---

---

**What specifically did you do or say that was evidence at the time of your strength of character?**

---

---

---

**Now re-read your words above, really take ownership of your contribution and be proud of how strong you are.**

### **I am *resourceful***

As you already know, you are special and unique. Each of us is completely different. You have many natural talents, gifts and abilities, some of which you embrace and show fully, others which remain hidden.

You have all the resources you need. You know this because you do have evidence in your life of times when you have had to find a solution, and use skills and qualities that you didn't know you had. You have had times in your life when the chips were down, but you used your skills and judgement to find a way through.

And on a daily basis, just by living your life, you are constantly engaged in the creative process (even though you may not realise it) of finding solutions, working things out and making things happen.

You are so resourceful. Everything that you need is already there waiting; the only question is when in your life you decide to tap in to it.

**What resources (skills, qualities, characteristics or traits) do you have that you are aware of? For example, are you Patient? Tenacious? Gentle? Organised? Creative?**

**List at least 10 that you are aware of;**

---

---

---

Doesn't this show you how very skilled you are, and how adept you are at bringing what is needed to the table?

**Now list 10 resources (skills, qualities, characteristics or traits) that you wished you either had, or had more of;**

---

---

---

**Now look at this list carefully, and with an open mind. Because I'm going to tell you that you *already have these resources in as much abundance as you need*. You have to have them and have used them at some point in your life already, or you wouldn't recognise the absence of them now and know you needed them. So all you have to do now, is remember that they are already there. Think about that carefully.**

***I matter.***

You are important. In all circumstances, in any situation. It doesn't matter who is involved, or what role you are in or hat you are wearing. You matter. This is a fact, beyond question (even though you may forget to remember this at times).

It is human nature to question yourself with the kind of challenges that start with 'Why can't I just....?', 'Why aren't I just....?', 'Why don't I just....?'.

**List below the questions that *you* typically ask yourself that demonstrate an underlying belief that you don't count, or that you're not as important as everybody else;**

---

---

---

**Now challenge each of those questions, turn the words around, and instead ask yourself questions that start with 'How can I....?', 'How do I.....?', How will I.....?'**

**Try reframing each of your questions into a different question - focusing on what you *can* do rather than what you *can't*. What does each question become instead?**

**For example, 'Why can't I just stick to my diet?' could become 'How can I learn to eat healthily?' and 'Why can't I just stop drinking alcohol?' could become 'How can I learn to value my body and health more?'**

---

---

---

**Doesn't this help you realise how important you are and that you matter so much? Even just a little?**

**I am *enough*.**

From the moment you were born and started breathing and existing independently, you were enough. You are now. You always have been. And you always will be. Your being enough is *never* dependant on anything else.

You don't have to *do* anything to be enough. You don't have to *learn* anything. You don't have to *behave* a certain way. You don't have to *please* anybody else. You don't have to be earning a certain amount of money, or have a particular professional title.

You really are enough. Just as you are.

**Take 10 minutes to sit down in a quiet, peaceful place, close your eyes, feet firmly on the floor, hands open and resting on your thighs**

**then breathe deeply, and connect deeply within yourself. Repeat the following words to yourself slowly and meaningfully, for 3 minutes;**

**(On the in-breath) I am enough,  
(On the out-breath) I am enough,  
(On the in-breath) I am enough,  
(On the out-breath) I am enough,**

**What do you notice when you say this to yourself? Write down any shift you experience (however small) whether in your breathing, your emotional state or anything else;**

---

---

---

**You really are enough. You do not need any kind of external validation from anybody else. Just by virtue of living and breathing, you are enough.**

**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.**