

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

Secret #1 SELF – Week 4

S.T.A.I.R.™ - Appreciation

The **A** in **S.T.A.I.R.™** stands for **Appreciation**. Being grateful for everything and everyone you have in your life. And whilst this does include the material things you have, it is actually much more important to really value and appreciate all the intangible, non-material things in your life. Because in the end, these are the things that really matter. After all, you were born with nothing, and you will leave this life taking nothing material with you.

When did you last really stop to 'smell the roses', and appreciate what you have or say 'Thank You' to the Universe? Even the smallest thing you see around you that makes you feel happy when you see it, is worthy of gratitude and appreciation. When you elevate your awareness and consciousness out of your everyday reality, you will really start to notice things differently and live your life in a different way, feeling much more connected to the world around you, with a greater sense of belonging.

Find 15 minutes during your busy day today to step outside. Either into your garden, or a local park. Somewhere where you can see the sky, hear outdoor noises and feel the gentle breeze on your skin. Either sit or stand still for a few minutes, and really pay attention to what you notice with your senses. Then walk around for a few moments, taking it all in. Breathe deeply as you look all around you, remembering to look up to the sky as well and down to the earth. Go *now* if you can (this still works in the dark by the way), then come back and complete the following observations;

What did you see directly in front of you whilst you were paying attention outside? Did you remember to look up and down, as well as straight ahead? If not, please go back out-side and repeat the exercise.

What did you notice from your peripheral vision (looking straight ahead but deliberately paying attention to what you can see out of the corner of your eyes)?

What happened with your breathing the longer you stayed outside?

What sounds could you hear?

What did it feel like to really look and appreciate everything around you?

The Law of Attraction says that 'Like attracts Like'. So with any emotions you feel, the energy you vibrate with will resonate and come back to you like a boomerang. If you resonate in 'lack' with lots of fear-based energy, you will attract situations and circumstances that support those emotions. Likewise, when you resonate with trust and abundance, the Universe supports you and wants to bring you more of the same (you don't have to believe this or see it, by the way, it's a Universal Law like gravity and is just true).

When you *really* appreciate what you already have, you will you attract more of the same. And you do actually have to appreciate what you already have before you can receive more - Why would the Universe send you more of what you want if you don't even appreciate what you've already got? And feeling genuine appreciation for what you have just feels really good – so why *wouldn't* you do it?

Think back over your day today, and write out at least 10 things that you are truly grateful for eg waking up in the morning, the food you have eaten, the water that was available to you in plentiful supply, the smile you received from a family member – anything at all,

however small or seemingly insignificant, counts – because when it comes to appreciation, nothing is insignificant and everything counts;

Just look at everything you have around you to appreciate. It is so powerful at any time (and daily if you can) to recall at least 5 specific things that happened during your day that you are *grateful* for. Make that promise to yourself right now, that before you go to bed each night, you will reflect on your day and identify at least 5 things you are grateful for.

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.