

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

Secret #2 SPIRIT - Introduction



Welcome to Secret #2 – SPIRIT, part of the **Spirit Level Success™ System – Six Secrets of Self-Esteem**. In this Secret we will be looking in more detail at how you can learn to **S.H.I.N.E.™** so your spirit can flourish, and you can nourish your soul with everything it needs to stay lifted and living fully. You might be someone who experiences quite intense emotions, either with certain people or in a certain context. And you might also find it quite normal to criticise yourself for being who you are and expressing yourself so intensely, almost like having no 'pause' button between what you feel, and what you express. When you learn to **S.H.I.N.E.™** you learn to have a different perspective on some of your emotions, and in particular you will be exploring your relationship to shame, guilt and anger. You will also discover how to nourish your 'self' properly, and trust yourself more.

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 #2 SPIRIT – Week 1

S.H.I.N.E.™ - Sense of Purpose; Hope

The **S** in **S.H.I.N.E.™** stands for **Sense of Purpose.**

Having a strong sense of purpose is waking up each morning and knowing that whatever you spend your time doing is meaningful, and has some kind of wider benefit to it. It brings you a real sense of fulfilment, knowing that you are really making a difference.

It is completely distinct from having a vision of your future or a specific goal of where you want to be.

For instance, you could have complete clarity on your sense of purpose and the difference you want to make, but not have any clarity on your vision as you may not yet know what living your life-purpose is going to look like.

A sense of purpose is a *felt* phenomenon, it's like following your 'calling', like you're being pulled to follow a particular path – even though you may not be able to cognitively understand or explain why. Following your life-purpose has little to do with financial gain (although that may be present) or reward for yourself – other than the pure pleasure and reward of knowing that you are making the difference that you are meant to make in your life-time which will usually be of great benefit to other people in some way. The financial rewards will often follow naturally, simply because you are doing what you are meant to be doing.

When you think about *your* life purpose, what does that mean to you? Do you feel like you have found your *life purpose*?

Are you reasonably happy with your life right now, but feel there is something missing (that you can't quite put your finger on)? Or do you feel like you are trapped in a meaningless cycle that gives you very little fulfilment? Do you feel like you keep being pulled back in a certain direction or naturally gravitate to a particular kind of work or activity? Describe how life is for you at the moment;

Many people stay in a profession or career for years longer than they could or should do – and feel miserable and unsatisfied, because they know they are not following the path that they would do if they had complete choice. Is that you? Maybe you haven't yet discovered your true life-purpose, and so feel a sense of frustration that there seems to be no way out of your current circumstances because you just don't know which direction to set your compass at.

When it comes to purpose, "The two most important days in your life are the day you were born, and the day you find out why" Mark Twain.

Look back and think very carefully about the kind of things you do, or the conversations you have with other people. If you are completely honest with yourself (no modesty here please) what's the difference you make on a repeated, consistent basis when other people are with you?

What words do the people you care about tend to use to describe you? How do you think they feel when they have been with you for any length of time?

What are the things you do or say that feel effortless, when you are completely in your flow? These are all indicators to guide you in the direction of your true life-purpose. Write down 3 examples of the kind of situations where you know you make a massive difference to another individual or situation, and it feels effortless and energising for you;

Take some time to reflect on your life so far, and see what clues are there to help you connect with your sense of purpose. The clues will be there, you just need to expand your peripheral vision to see them.

The **H** in **S.H.I.N.E.**[™] stands for **Hope**. Hope is an emotion or state that is absolutely essential to raising your energy and keeping your spirits uplifted in a way which leaves you living a powerful and enjoyable life, with a healthy sense of self-esteem. When you lose hope, you become full of despair, and it actually constricts you as a human being. It stops you in your tracks, it prevents you from breathing fully and living on purpose. It reduces the energy you give out. And it can make you question the very point of your existence.

You must have hope, even if all around you looks like there is none. It is essential that you find a way of being hopeful for the future. That you find a way of connecting with that emotional state in such a way that it feels real, grounded and solid.

With hope, you have everything. Without hope, what do you have?

You must have hope in your future. Even if from your current position you are unable to see what might be possible. You never know what opportunities are out there for you, just waiting for you to be receptive enough to see them. Your hope doesn't only have to be for the things you can see from your present vantage point, or for things that are very specific. It can simply (but very, very powerfully) just be a feeling of hope that everything will be alright.

In the words of Steve Jobs, "You can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future. You have to trust in something – your gut, destiny, life, karma, whatever."

You must have hope for your future, and hope is a state of mind first, before it becomes emotionally embedded. So you do have a choice to make.

How do you want to be feeling about the rest of your life?

From your current position as you see it and know it, list below 5 things that you *could* have hope for in the future (even if you won't see it or believe it right now);

Take some quiet time to connect with a sense of trusting that the Universe is taking care of you and that in the end, everything will be OK.

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.