

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

### **Secret #2 SPIRIT – Week 3**

#### **S.H.I.N.E.™ - Nourishment**

The **N** in **S.H.I.N.E.™** stands for **Nourishment**. The continual nourishment of your soul in every single way that is relevant to you, is essential. You are probably well versed in the art of taking care of everyone else around you. You're probably something of an expert at putting your own needs behind those of everybody else that you care for.

Have you ever paid proper attention to that announcement on an aeroplane flight when they go through the safety measures? If the cabin pressure falls, oxygen masks will drop down from the space above you. And if you have small children or other vulnerable people with you, you **MUST** put your own oxygen mask on first.

In other words, that's a direct order to put your own needs first. Above everybody else's. Even the people who are 100% dependent on you. And there's a very good reason for that advice. If you cannot breathe because you are lacking in oxygen – how can you possibly help anyone else? Now is your time to put yourself first – on so many different levels.

The energy around you is crucial. Do not spend any more time around people with negative, fear-based energy that comes from a place of lack. These people will pull you down. You don't even need to have a direct communication with them, but you will know from the moment you are in their presence, that you don't feel completely comfortable or feel yourself. They are so imbued with that energy, that you have probably somehow just accepted it as normal.

This kind of energy is low, dense and destructive. And will never be conducive to you having a robust sense of self because it contaminates everything. Step back from everything, and consider this from an objective viewpoint.

**Think right now about people who are either in your life still or who have been in the past, who you have been around and come away from feeling drained, without really knowing why. Perhaps you may have struggled to keep your own energy levels up when you've been around these people. Who are they and what effect do they have on you?**

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**Now think about the people you have around you who are really, really energised and who have a way of making you feel uplifted, just by being in the same space together. Think carefully and write out the names of the 5 people closest to you who have the most healthy, uplifting energy. It might be your children? A family member? friends? neighbours? The kind of people that when you step into their company, you can almost feel their energy in a tangible way. You feel really, really pleased to see them and to spend time with them, and really uplifted when you leave them. Who are they, and what is it about them that is so special?**

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**Now take each one of the 5 in turn and ask yourself when specifically you last spent quality time with them? And for how long?**

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**How did you feel when you left them? Would you have spent more time with them if that had been an option?**

Check your diary right now, and decide exactly when you can go and spend some more time with these people again. Add a specific date and time to your diary right now – even a provisional date is still one step further forward than having nothing in your diary at all.

**Now take 10 minutes to step away from this programme and make direct contact with each person to let them know when you'll be visiting - send an email, a text, a message, pick up the phone or whatever. If they are close-by, just go and let them know now. It doesn't matter *how* you make contact, what's important is that you *do* make contact.**

So, you've considered the energy of others, what about your own energy? You may be in a situation where you have certain tasks and responsibilities that you have to do in a typical day that you have no control over. Either because you work for someone else, or because you have caring

responsibilities for younger or older family members. Do remember that you are always at a point of choice. So, if you feel like you have particularly low energy at some point during the day, pick a task that you know will energise you the most. A task that you find fun, or easy, or safe. Or do something differently that will make the next task more fun. And if you work somewhere where none of your work is fun, then I would really urge you to take a long, hard look at whether this is the right place for you to be.

As the saying goes, life is not a dress rehearsal and in the words of Helen Keller, "Life should either be a daring adventure or nothing at all".

If you feel like you are stuck in a dead-end job, making someone else rich, not living on purpose and not making a difference, then your energy is going to be low, you will feel uncomfortable and your self-esteem and sense of self-worth will suffer.

Now consider in what other ways you could take care of and nourish yourself. Think about all of your senses and what appeals to each.

**What can you take time out right now to do that will uplift you? Do you love listening to classical music? Have you even tried? Listening to music that really moves you can be such an uplifting and energising experience. In what way could you incorporate more music into your day? When could you start?**

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**Do you get outside enough? It's very easy to underestimate quite how invaluable it is in lifting the spirit to simply go outside and breathe in the fresh air. Even just 5 minutes of deep breathing and solitude can make a huge difference. When you step outside gently close your eyes (make sure you're sitting down or leaning against something if you feel wobbly), zone out of all the background noise and just 'be'. Can you go and do that now? What do you notice?**

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**How much do you move during your typical day? Do you think you move enough?**

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It doesn't necessarily have to be formal exercise, but just moving around can and will lift your spirit. It raises your energy, it gets your heart pumping, it gets the blood flowing, it relaxes your joints and prevents aches and pains and cramps. So why do so many people sit in the same position for so long at a desk or working on a computer?

**What could you easily introduce into your day that would get you moving more?**

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Often when you feel unfulfilled during the day, there can be a tendency to drink excessive cups of tea or coffee, or snack on food that's not nutritious or conducive to good health and well-being.

**What quality, tasty, nutritious food and drink could you introduce during your day to nourish yourself more than you are doing already?**

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**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.**