

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

Secret #3 SPACE - Introduction



Welcome to Secret #3 – SPACE, 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 get yourself **S.O.R.T.E.D.™** by considering the environment around you in terms of your 'stuff' (and yes, you do have it), your relationships and the impact that both your internal and external environment can have on your self-esteem and sense of self-worth.

Whenever you surround yourself with people or things that no longer serve you, or cram so much stuff into your space that the energy stagnates, it can have a dramatic effect on how you feel about yourself. You may not even appreciate the effect of your environment on your health and well-being because you may have become de-sensitised to it a long time ago, such that you are just living your life on automatic pilot, in the passenger seat instead of being the driver. There is never a better opportunity than right now to really *look*, and fully *see* everything around you physically, both on the inside and out.

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 #3 SPACE – Week 1

S.O.R.T.E.D.™ - State

The **S** in **S.O.R.T.E.D.™** stands for **State**. I'd like you to think about your internal environment or State for a moment. How often do you ever take the opportunity to ask yourself the question, **'What State am I in?'**

Do you even have any idea?

Your internal State will *always* dictate your performance, in any circumstance. And whatever you have going on in your life, it is always essential to be very mindful of the State you are in – so that you can change that State if you need to, to bring about a better or different outcome. It all comes back to the fact that *you will always get more of what you focus on*. So, if your current State isn't conducive to you getting what you want, the first thing you need to do is bring it into your awareness so that you can then decide how exactly you would like to change it.

Take a few moments now to just sit; be; and notice.

Pay attention to your breathing, is it shallow? Or are you breathing fully and deeply?

How do you feel right now? Are you slightly anxious? Are you feeling confident and optimistic?

Are you comfortable? Too warm? Too cold?

Are you relaxed, or is the adrenaline pumping and you're not quite sure why?

Note down any observations here;

What is your internal dialogue at the moment? Is it supportive or critical?

Where are you placing your attention? On the 'problem' or 'solution'?

Find the words. Close your eyes and then take your attention to every part of your body and find the words to best describe what it feels like to be you, in your body, right now;

Were you aware that this was your current internal State before I asked you to connect with it?

Before you communicate with anyone, in any circumstance, always take that moment to pause. Before you move forward, always ensure you are in the most appropriate State for the outcome you want to achieve. Sound obvious? It probably is. So why do so few people do this?

Your internal State is also influenced significantly by what you consume. Do you pay close attention to the food and drink you consume on a daily basis?

Write down here what you consume in a *typical day*. No-one else will see this list so you can be completely honest with yourself. Include all meals, snacks, hot and cold drinks, whether caffeinated or decaffeinated, alcoholic or non-alcoholic drinks;

Have a really good look at your list, and now write down next to each entry where you would typically be when you consume each item (eg work, home, on the train etc) and who you might typically be with (eg alone, with work colleagues, partner etc)

Are there any patterns you notice? Are there any habits you can see that aren't supporting you living your best life and having a strong sense of self-esteem and self-worth?

It is well recognised that alcohol acts as a depressant on the brain and body. So, if you have slipped into the habit of having a glass or two each night to manage stress, and just to get through the week, it's really important to recognise that the alcohol will be having a detrimental effect on your mood, your sleep and your general sense of well-being (no matter how much you tell yourself it doesn't), even though you might find it enjoyable at the time.

Are you drinking plenty of water? Your body is made up of around 60% water, with your brain and heart being around 73%. Replenishing the water you lose through sweating, urination and other bodily processes is essential to keep your body working optimally and your mood balanced. A staggering percentage of people in the Western World walk around in a State of chronic dehydration, despite the easy access to a plentiful, clean water supply. Are you one of them?

And what about the food you are eating?

In a 2009 study published in the British Journal of Psychiatry, researchers established that in a group of middle-aged participants, those given a diet of processed foods (loaded with sugar in desserts, unhealthy fats in fried foods and refined grains) had a 58% **increased** risk of depression when reviewed after 5 years, yet those given a diet rich in whole foods (rich in vegetables, fruit, and fish) had a 26 percent **reduced** risk of depression.

So what fuel exactly are you putting into your body? The evidence does seem to support the fact that the food you eat can and will contribute to your overall sense of well-being and health, which in turn will directly impact on your sense of Self. And the food and drink you consume will directly contribute towards your sense of well-being and your likelihood of staying disease-free. When you are proactive in your food and drink choices, it is incredibly empowering.

Identify one small food or drink habit that you *could* change this week (but only if you want to). What is currently happening regarding that habit?

What *could* will do differently starting from now;

What is important to you about making this change?

What (or who) could stop you making this change?

"Discipline is choosing between what you want now and what you want most." *Augusta F. Kantra*

So, what do you choose?

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.