

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

Secret #4 SKILLS - Introduction



Welcome to Secret #4 – **SKILLS**, part of the **Spirit Level Success™ System – Six Secrets of Self-Esteem**. In this Secret we will be looking in more detail at your behaviours and your capabilities and recognising that you exist completely independently of both, and your sense of self-esteem and self-worth is not dependent on you performing in any particular way. We will be looking at your skills and behaviour **S.T.R.E.A.M.™** and helping you to understand that it's OK to not know how to do something – you weren't born with an inherent knowledge of how to perform every single skill and task perfectly. Like-wise you are not your behaviour. It is completely normal to sometimes act in ways that, on reflection and with the benefit of hindsight, you wish you hadn't. You are human after all. You are not a non-feeling robot that is not entitled to display your emotional responses. And sometimes, those responses might be a little intense.

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 #4 SKILLS – Week 1

S.T.R.E.A.M™ - Step Back

The **S** in **S.T.R.E.A.M.**™ stands for **Step Back**. The first step towards any kind of personal change is self-awareness. Actually recognising and bringing out into the open how you feel about yourself in certain aspects of your life. So the idea of stepping back is about truthfully reflecting on what has led you to where you are now, and about being curious about what possible alternatives are available for you in the future.

Take a moment to find a quiet space where you can sit and reflect. Ensure there are no disruptions. Have with you some positive reminders of how loved you are by those close to you, maybe a few photo's or some special items that show you how much the people around you really do care.

Sit down comfortably, uncross your arms and legs and sit with your hands gently resting either on your legs or to the side. Now close your eyes.

Focus on your breathing, not forcing anything, but gently noticing the in-breath and the out-breath. Noticing how it flows from one to the other effortlessly.

Breathing in...

Breathing out...

Breathing in...

Breathing out...

You are safe and loved and cared for.

You Are Enough. Just as you are. Irrespective of what you can or can't do. Irrespective of how you do or don't behave.

You are *you*. And You Are Enough.

Go back to a time in your mind when you were younger, and you found yourself in a situation where you were being asked to do something, and you didn't know how. Maybe it was a role in work or in School. Maybe it was something you were being asked to do at home that you weren't sure about and you didn't have the courage to ask how.

Take the time to think about this carefully. You only need one example, and there will be one there in your past even if you can't think of it straight away.

Where were you?

How old were you?

Who was there?

What specifically were you being asked to do?

How did you feel when you realised you didn't know how to do it? Be as specific as possible about all the emotions you experienced such as embarrassment, fear or shame and explain how and why you think you came to feel that way;

Take yourself back to that specific situation. What exactly did you say to yourself? What were the specific words you used?

How did you feel when you spoke to yourself in that way?

How did you respond internally? How did you respond on the outside? What did you say or do?

What lingering impact did that event have on you, and for how many years have you been holding this?

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.