

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

Secret #5 STAND - Introduction



Welcome to Secret #5 – **STAND**, part of the **Spirit Level Success™ System – Six Secrets of Self-Esteem**. In this Secret we will be looking in more detail at your connection to your values, beliefs and boundaries. Knowing where you **S.T.A.N.D.**™ on these things is a little bit like returning some faulty goods to a shop and knowing exactly what rights you have as a consumer. It gives you a base-line of assured confidence in your responses and decision making, because you know right from the outset where you **S.T.A.N.D.**™.

A lack of connection with your values, beliefs and boundaries that will always contribute towards feelings of low self-esteem because you end up either second guessing yourself, questioning your judgment or ability to make sound decisions, or making assumptions based on flawed thinking, that can lead you into a downward spiral – which is unfortunate at the best of times, but even worse when you finally realise that the whole basis for your initial assumption was false.

Your values, beliefs and boundaries will drive your life choices and decisions, and ultimately determine what you achieve in your life (and whether you personally consider that to be a successful, fulfilling life – or not). Being clear on what you stand for allows you to put one foot in front of the other confidently, as you navigate the tight-rope of moral, emotional and psychological decisions of life.

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 #5 STAND – Week 1

S.T.A.N.D.™ - Self Awareness

The **S** in **S.T.A.N.D.**™ stands for **Self-Awareness**. How much time and energy would you say you have invested in your life so far worrying about things that may never happen, replaying scenarios that you wish had gone differently or kicking yourself because you said 'yes' to something on autopilot, when on reflection you realise you would rather have said 'no'?

Think back to the last time you remember leaving a situation, feeling uncomfortable about the outcome of it. It might have been a telephone call or a face to face interaction. And it could have been with someone you know well, or someone you had only recently met.

Who was involved and what were the circumstances?

What specifically was said or done and what was the outcome that was reached? Please be as specific as you can;

What exactly happened that you felt so uncomfortable about? (You never have to share this information with anyone by the way, so please be totally honest with yourself – and describe this in as much detail as possible);

Describe how you *felt* about that specific outcome. Not just cognitively how you *think* you felt, but bodily too. What information did you get from your body that something wasn't right? (eg, I felt a

constant mild discomfort in my stomach, I experienced a shortness of breath, I felt an uneasy niggling feeling in my chest that something was wrong....etc)

This connection with the clues your body gives you is essential for you to know when one of your values, beliefs or boundaries is being challenged or compromised – so you can reconnect with your natural intuition, take rectifying action, stand solidly in your own shoes and know that you have behaved exactly as you would have always wanted to.

Start to pay really close attention to the clues and instinctive messages you receive from your body that let you know something isn't right, and notice whether you tend to listen and respond to – or over-ride and ignore – those messages.

Note down any further insights you gain over the coming days and weeks;

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.