

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

### **Secret #5 STAND – Week 2**

#### **S.T.A.N.D.™ – Truth (part 1)**

The **T** in **S.T.A.N.D.**™ stands for **Truth**. Truth. An interesting concept when it comes to your belief system. You see, everyone's reality is different, and we all experience life from our own reality and perspective, often excluding or discounting alternative possibilities. What you believe, will colour how you interpret or experience any situation. And what you believe, will highly likely become the self-fulfilling prophecy of what actually happens. It is widely accepted in psychological terms that there is a direct connection between your thoughts, your feelings and your behaviour. So, what you think and your internal dialogue, will always impact on how you feel and your emotional state at any given moment. How you feel and your emotional state, will always impact on and dictate how you then behave. The behaviour and the response it generates then creates more thoughts, which then feed into the feelings, which further influence behaviour, and so the cycle continues.

For instance, let's say you are going for a job interview or an audition, or you're pitching to a client for a piece of work, or you're training your team. Or any other example that is directly relevant to you.

If you genuinely and consistently believe that 'it's all going to go wrong' or that 'I'll forget my words and dry up' or 'what's the point because they won't like me anyway' – then this belief will absolutely determine the results you achieve. Because that belief (eg your thoughts) will impact on how you feel (eg inadequate, incapable, incompetent) and when you feel like this, it has a physiological impact which means that your behaviour will likely reflect that of someone who is inadequate, incapable or incompetent and so it becomes a self-fulfilling prophecy which then fuels further thoughts of what could all go wrong, 'see, I told you so' etc and then the cycle continues.

But it doesn't have to be that way.

We form beliefs in various different ways – they start to develop in early childhood from your experiences and how you internalise those experiences, and they usually, but not always, get updated as you move through to adulthood, based on the newer experiences that you have with an adult perspective.

For instance, you may have been repeatedly told in childhood that you must never talk to strangers because doing so could be dangerous. As a child, you will likely have developed a clear belief that it is wrong or dangerous to talk to strangers. As you went through your childhood and started to grow and learn more about the world around you, you will have noticed (outside of your *conscious* awareness) how the important adult figures in your life did

actually talk to strangers in certain contexts, such as at the shops speaking to the person behind the counter or to your teacher when you joined a new class. From *subconsciously* paying attention to what was going on, you gradually learned that sometimes it is actually ok to talk to strangers. And to fully function as the adult you are today, you have subconsciously had to challenge and update that belief in quite a significant way, to enable you to have been able to move forward with key events in your life such as getting married (your partner was a stranger once), moving house (you needed to speak with either an estate agent or buyer of your old house or seller of your new one for that transaction to have taken place – and they were all strangers to begin with) or to go off to college or University. Can you imagine what that experience would have been like not speaking to any strangers?

Although your thoughts really do impact on your feelings and behaviour, the really good news is that you can choose to think anything you like, and you can pretend to believe anything you want. Your brain is really clever like that – it will respond to whatever you tell it – *whether or not what you say is true*.

So, if you find yourself feeling down or 'less than', work backwards and identify what exactly it is you are saying to yourself that is generating this reaction.

**Think about the last time you were feeling low in self-esteem or 'less than'. What were the circumstances? Who was involved?**

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**Take yourself back to that moment now, replaying every aspect of it. Remember how you were feeling, how you were breathing. Remember exactly where you were and what you were doing.**

**What specifically were you telling yourself at the time? What words were you using? What were the most significant sentences that you were telling yourself? What was the one sentence that kept taking precedence over all the others?**

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**Now take the most powerful and intense sentence and consider it from a critical, objective view point. Was that sentence that you**

**were telling yourself actually true at the time? Was there any hard evidence to actually back it up? Was it honestly 100% true all of the time? Could you have been exaggerating at all? Or making any incorrect assumptions? Examine it in a little more detail here;**

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Sometimes we all tell ourselves things that just aren't true. They may be slightly true and we embellish them to become 100% immovable. Or they aren't true at all, yet you say it to yourself in such a way and so convincingly that you actually believe what is in fact an untrue story. Such as, 'I am not good enough'.

What's another name for an untrue story? A lie.

And this lie can and often will have exactly the same kind of negative impact on you that it would have had if it was actually true. But it's not.

So always ensure that what you say to yourself and what you believe about yourself is accurate in its' truth (if it is supportive and healthy for you) or is aspirational and affirmative, so encourages you to strive towards a better result or outcome than you currently have.

**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.**