

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

### **Secret #5 STAND – Week 6**

#### **S.T.A.N.D.™ – Decision**

The **D** in **S.T.A.N.D.**™ stands for **Decision**.

**Who** Are You?

Who **Are** You?

Who Are **You**?

**Now go back and, slowly, really slowly, ask yourself those questions again, this time placing the proper emphasis on the words in bold and changing the words slightly so it becomes;**

**Who** Am I?

Who **Am** I?

Who Am **I**?

**Can you answer *any* of these questions easily? Bear in mind these are 3 different questions.**

**Write down whatever comes to you intuitively as you ask yourself these questions;**

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You are so much more than the labels you place upon yourself. You are so much more than your behaviours.

You are so much more than your thoughts.

You are so much more than your job.

You are an amazing, complex, ever-growing and changing mass of physical and non-physical energy, systems and matter; you are a complex system of thoughts, responses, feelings, emotions, beliefs, insights, wisdoms and so much more.

And you are entitled to be whoever you are – without fear of recrimination or chastisement from others. And most importantly, from yourself.

Whilst it is important to respect others, you do not have to please other people in your life to such an extent that you compromise what is important to you.

It is essential for your mental and emotional health and well-being to know exactly where you **S.T.A.N.D.**™ so that you know instantly how to respond to whatever life throws at you, without having to wait for others to tell you or show you.

And if ever you aren't sure which way to turn – go inside, and you will find all the answers you need. Because somewhere in your system or psyche there will be clues, feelings, a gut instinct about which way to turn. When you explore a little further, and trust your instinct, you will always get the clarity you need.

Next time you are in a situation that challenges your values or boundaries, or where you know you might be making an unhelpful assumption because of your belief system, you now have the skills and tools to approach it differently.

**Think about the people you connect with on a regular basis whether family, friends, work colleagues or whoever. Think of one specific person where there is usually potential for you to walk away from an interaction with them feeling psychologically uncomfortable.**

**What is the potential situation that might arise?**

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**What specifically is it about that person that means you often leave feeling less than comfortable? Do you have a values-conflict with them? Do they challenge your boundaries? Are you telling yourself something about that person that may not be true, so jumping to a conclusion that actually isn't based in evidence?**

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**What specific steps could you now take 'in the moment' to bring about a different outcome next time, if at all possible?**

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**And if a different outcome isn't possible – is that OK with you? How else could you think about the situation that *could* make it acceptable to you?**

**Or, are you now ready to release them and let them go?**

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**Review each week of this Secret. What are your key points of learning? What are you going to do differently from now on?**

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**Congratulations – you have now successfully completed Secret #5 of the Spirit Level Success™ System – Six Secrets of Self-Esteem.**