



# ***MindShift Training™*** **“Instant Self-Esteem”**

## **How To Stop Hating Yourself And Start Living!**

### **Before the workshop...**

- Print out these pages, and, if you're calling in by telephone, the phone number and PIN for the call.
- Be prepared to identify (and share) conflicts and issues you are having in reaching your goals; e.g. “Can'ts”, “don't know's”, and dilemmas. Remember, you're in coaching now; I may call on you by name and ask you questions!
- Leave everything blank until you hear on the call what to write in (i.e., don't fill anything in ahead of time.)
- Make sure you have a pen or pencil handy to take notes and to fill in the blanks on these pages.
- Call in to the conference line a few minutes before 6pm Eastern, to make sure that we can start on-time and you don't miss anything!
- Mute your phone when you are not speaking, using 0 on your touchtone keypad, or using the mute button on your computer software.

# Self-Esteem: The Big Picture

1. Happiness comes from \_\_\_\_\_  
\_\_\_\_\_.
2. Self-esteem is how you \_\_\_\_\_  
\_\_\_\_\_ you \_\_\_\_\_ you \_\_\_\_\_!
3. Unfinished business \_\_\_\_\_ on  
\_\_\_\_\_ : \_\_\_\_\_ to \_\_\_\_\_
4. You always \_\_\_\_\_ what you \_\_\_\_\_  
you \_\_\_\_\_.
5. Success is a non-\_\_\_\_\_ :  
Do what \_\_\_\_\_ !

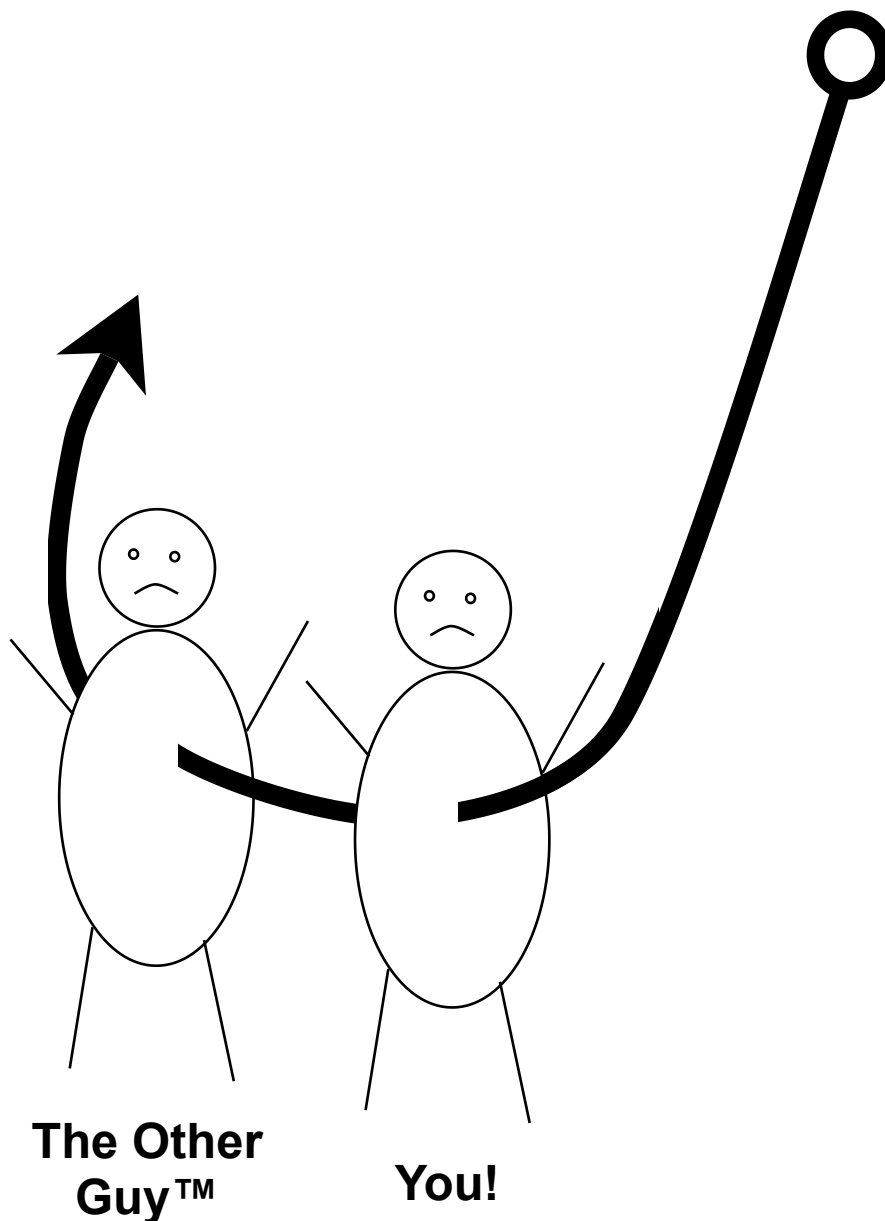
# The Missing Link To Self-Esteem

**Experiences**



**Self-Esteem**

# Why You Absolutely **MUST** Let The Other Guy “Off The Hook” **FIRST!**



It's really not “ \_\_\_\_\_ ”:  
It's \_\_\_\_\_, all right; you just  
don't \_\_\_\_\_ how it \_\_\_\_\_ !



# “AME” High: The 3 Things You **MUST** Get Rid Of, To Overcome Any Obstacle

1. The \_\_\_AME is what you \_\_\_\_\_  
\_\_\_\_\_ you.

2. The \_\_\_AME is a \_\_\_\_\_ idea you  
\_\_\_\_\_.

3. The \_\_\_AME is what you \_\_\_\_\_  
will \_\_\_\_\_ in \_\_\_\_\_.

# Rank Has Its Privileges

**Who's Above You?**

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**You!**

**Who's Beneath?**

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# The Three **CRITICAL** Ingredients Of A Powerful Self-Image

1. It's **P** \_\_\_\_\_: You hold \_\_\_\_\_  
\_\_\_\_\_ for it.

2. It's **P** \_\_\_\_\_: It exists in \_\_\_\_\_  
and \_\_\_\_\_ in the \_\_\_\_\_.

3. It's **P** \_\_\_\_\_: It \_\_\_\_\_ in all \_\_\_\_\_  
of \_\_\_\_\_, not just \_\_\_\_\_.

**Whether your self-image is positive or  
negative, the ingredients are the same!**



# **Wrap-up and Feedback**

**(Answer as if you were speaking to a friend who didn't attend the workshop)**

**1. What did you enjoy most?**

**2. What are you going to start using immediately?**

**3. What kind of difference will it make to your life?**

**Send answers to [feedback@dirtsimple.org](mailto:feedback@dirtsimple.org)**