



awaken
S U C C E S S C O A C H I N G

Self-Image Master Class Workbook
by Maria Sheehan



THINKING
INTO RESULTS



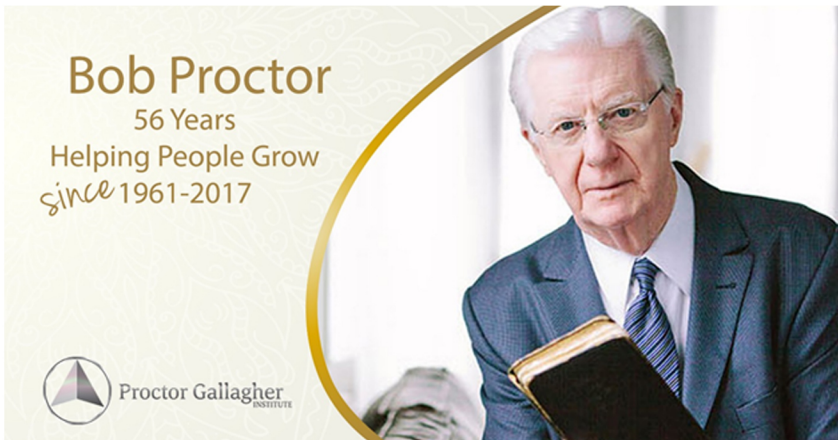
Self-Image

“What matters most is
How you see yourself”



We use our mind to create an image of ourselves and the image we hold creates our results. The results you are achieving in your life are a direct reflection of the image you currently have of yourself. Thankfully, no matter what your results are now—no matter how good or bad they might be—if you improve the image, the improvement will be reflected in your results.

Notes:



In 1961, Bob Proctor started studying “Think and Grow Rich” and it transformed his life in addition to studying the book. Bob listened to Earl Nightingale’s condensed recording of the book thousands of times. Then, Bob worked shoulder-to-shoulder with Earl Nightingale at Nightingale-Conant from 1968 to 1973, before leaving to start his own personal development company. Today, Bob has studied thousands of books, continues to read “Think and Grow Rich” every day, and is considered the world’s foremost expert on the human mind.

<http://www.proctorgallagherinstitute.com/our-story>

Notes:



In this master-class you'll learn

1. How your self-image was formed and how it controls your results
2. How are self-limiting beliefs blocking your ability to live your best life?
3. What's your most debilitating self-limiting belief and how to overcome it?
4. How to act 'as if' and become the person you are supposed to be.
5. The 5-step self-image formula



Notes:



"The surest way to lose
your self-worth is by
trying to find it through
the eyes of others"

Becca Lee

We're responsible for our own happiness, only WE
can alter our self-image, because self-worth is an inside job.
You have to learn to love yourself



The results you are achieving
in your life, are a direct reflection of the
image you currently have of yourself!



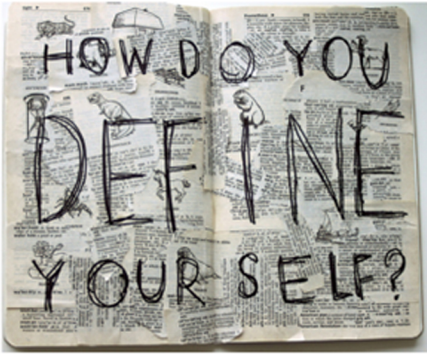
Your self-image was created by experiences and events.

Your self-image sets the boundary for your performance and your achievement.

You get a reaction to that action from the universe which confirms your beliefs about who you think you are. The results you are achieving in your life are a direct reflection of the image you currently have of yourself. Thankfully, no matter what your results are now—no matter how good or bad they might be—if you improve the image, the improvement will be reflected in your results.

Notes:

A large, empty rectangular box with a thick black border, intended for notes. The box is white and occupies the bottom half of the page.



BELIEFS

A belief is an idea about your experience that you hold to be true.
We act and feel in accordance to what we imagine to be true about ourselves.

As I child I was told many things about myself that just weren't true, but I believed them and acted in accordance, my self-image was created through those experiences.

What beliefs do you hold about you?

Notes:



Theta waves are the twilight state in which some people find themselves half awake and half asleep.

THETA STATE AND THETA BRAINWAVES

Theta is the state of mind where it is believed you can create everything and change reality instantly. The Theta wave has a frequency of 4-8 cycles per second. Theta is the state in which you are in Deep relaxation and meditation, mental imagery.

CHILDREN:

From about 2 years to 6 years of age, a child begins to demonstrate slightly higher EEG patterns, (THETA). Children at this age are constantly being programmed by their environment, and are very open to suggestion while in this super learning state. Messages embedded become beliefs and early impressions are still embedded. Learns by repetition. Beliefs are formed.

Notes:



What do you **believe** about **yourself**?

What do you think of you?

Do you like yourself?



A belief is an idea about your experience that you hold to be true. Stick to the facts, don't make stuff up, we all make stories about what we think is true.

Notes:

A large, empty rectangular box with a thick black border, intended for taking notes. The box is slightly offset to the right and bottom, creating a shadow effect.



Acknowledge

Identify

Replace

Bring our limiting beliefs to the surface
so we can work on them

The way to overcome self-limiting beliefs is to acknowledge that have them, identify what they are, and replace them with empowering beliefs about yourself.

Notes:



LIMITING BELIEFS

- Business and Career
- Relationships and Love
- Money and Finances
- Health and Fitness



These beliefs are so familiar to us, we can't see them, we can see through them, they're so embedded in our understanding.

Limiting beliefs are kind of like blinkers, because they restrict and limit your field of view or your perception.

They are self-confirming, the belief changes what you can believe in the world.

In order to change your self-image and change your beliefs you need to recognize them, bring them to the surface, so you can work on them.

Notes:

A large, empty rectangular box with a thick black border, intended for notes. The box is white and occupies the lower half of the page, providing a space for the user to write down their observations or reflections on the topic of limiting beliefs.

These kinds of beliefs often start with:

LIMITING BELIEFS

I always / I never ... "I am always late"
I can't ... "I can't control my eating"
I am not ... "I am not allowed to be happy"
I must / I must not ... "I must be in control"
Nobody / Everybody ... "Nobody loves me"

I'm too old
I'm not smart enough
I'm not educated enough
I'm afraid of trying and failing
You have to have money to make money
I've already tried everything
It's selfish of me to want more
I don't feel that I really deserve it
I don't have the willpower



Choose a limiting belief

I'm not smart enough

List every belief you have associated with this statement. Keep writing until you run out of ideas or start repeating yourself. Start with 'Because', do it quickly and don't over think it.

I'm not smart enough because I don't have a degree

I'm not smart enough because my parents told me so

I'm not smart enough because I didn't finish school

I'm not smart enough because I'm not good at anything

I'm not smart enough because I never finish anything I start

Your Limiting Belief Exercise.

What is your limiting belief(s)?

List every belief you have associated with this statement. Keep writing until you run out of ideas or start repeating yourself. Start with ‘Because’, do it quickly and don’t over think it.

SCORE

_____ (Because) _____	<input type="text"/>
_____ (Because) _____	<input type="text"/>
_____ (Because) _____	<input type="text"/>
_____ (Because) _____	<input type="text"/>
_____ (Because) _____	<input type="text"/>
_____ (Because) _____	<input type="text"/>
_____ (Because) _____	<input type="text"/>
_____ (Because) _____	<input type="text"/>
_____ (Because) _____	<input type="text"/>
_____ (Because) _____	<input type="text"/>

Now look at your list, read it and ask yourself how right each one feels, is it a belief or is it just something that was floating around in your consciousness. Score each belief between 1 and 10
The belief with the highest score are the ones you need to take care of first!

Do you remember the core event or reason that led you to this belief?



Understanding the Mind



Dr. Thurman Fleet, who lived from 1895 to 1983, was an amazing chiropractic healer and teacher of metaphysics, in 1934 he stated,

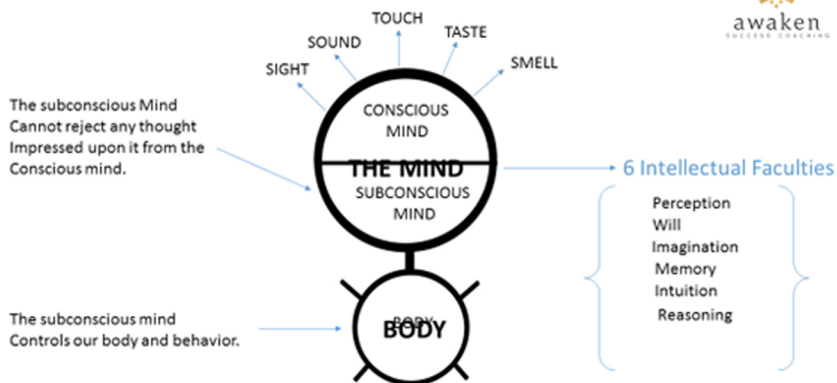
"The Mind is an activity
not a thing. No one has ever seen
the Mind. In order to gain clarity
and eliminate confusion, I will
create a image we can work with."



Dr. Fleet called his work Concept Therapy. Here, concept means fixed ideas in the subconscious mind, and therapy means having healing qualities. Ultimately, Fleet's teachings focus on the healing of the negative and limiting concepts in the subconscious mind. Happiness, health, success, and peace can be the result

Notes:

The Stick Figure



THINKING
INTO RESULTS

PROCTOR GALLAGHER
CONSULTANT



YOUR ACTIONS
→
CONTROL YOUR **RESULTS**

THINKING
INTO RESULTS

PROCTOR GALLAGHER
CONSULTANT

The Automatic Pilot On A Commercial Plane is like our self image



A flight pattern is programmed into the plane's computer system, when the plane goes off course "The Regulatory System" measures the deviation from the set goal and corrects the flight pattern



**Your Self Image is like a Regulatory System or
An Automatic Pilot on a plane.**



When a person who is Over Weight goes on a Diet without altering their Self-Image... any weight loss will be temporary. The Self-Image being a regulatory Instrument (automatic pilot) measures the deviation from the set goal and immediately corrects course. The weight that was lost is found.

Results





Your self-image was created by experiences - It can be changed the same way by acting "AS IF"

Build an image of the person you WANT to become, think of the traits that you respect or admire in another individual, or many individuals.... Create a list of that persons traits. Now write out a description of yourself as an individual with all of those traits... visualize yourself as that person. Get emotionally involved with the idea.

Notes:

Rebuilding your self image

- Call to mind a person you admire and respect, someone who has a positive self image.
- Think about their qualities. Write out a description, in the present tense, of the qualities they have that you admire.
- Now, take that description and totally relax. Begin to see yourself as that person, act as if you literally become that person. Embrace this self image. Begin to imprint this image on your subconscious mind.
- Identify one action step you can take this week to integrate the qualities of this person into your life. What one action step can you take to embrace these qualities, to embrace this positive self image?

Description

Personal traits – helper.

Accountable	Adaptable	Adventurous
Alert	Ambitious	Appropriate
Assertive	Astute	Attentive
Authentic	Aware	Bravery
Calm	Candid	Capable
Certain	Charismatic	Clear
Collaborative	Committed	Communicator
Compassion	Comradeship	Connected
Conscious	Considerate	Consistent
Contributes	Cooperative	Courageous
Creative	Curious	Dedicated
Determined	Diplomatic	Directive
Disciplined	Dynamic	Easygoing
Effective	Efficient	Empathetic
Empowers	Energetic	Enthusiastic
Ethical	Excited	Expressive
Facilitates	Fairness	Faithful
Fearless	Flexible	Friendly
Generative	Generosity	Gratitude
Happy	Hard Working	Honest
Honorable	Humorous	Imaginative
Immaculate	Independent	Initiates
Innovative	Inquiring	Inquiring
Integrates	Integrity	Intelligent
Intentional	Interested	Intimate
Joyful	Knowledgeable	Leading
Listener	Lively	Logical
Loving	Loyal	Manages Time Well
Networker	Nurturing	Open-Minded
Optimism	Organized	Patient
Peaceful	Planner	Playful
Poised	Polite	Powerful
Practical	Presents Self Well	Proactive

Build an image of the person you want to become



Your life as a movie exercise.

Imagine your life is a movie that is being played out, because in many ways your life is like a movie. You are the director, the producer, the casting agent, and the executive producer—you must finance it, etc. Now consider each of these questions as you reflect on the movie of your life as it is today, and the movie that you desire to create.

What is your movie like? What kind of movie is it? Who are the characters in your movie? Are you the star of the show, or a Supporting actor?



What is the plot line of your movie?

As you write about your current story line, begin to imagine your movie 1 month from now, 3 months from now, 6 months. How is your plot line changing? What would you like to have happen in the movie of your future?

How are the characters in your movie all coming together to support you with the story line that you desire?

How are the characters in your movie all coming together to support you with the story line that you desire?



Affirmations

- Affirmations are positive, specific statements that help you to overcome self-sabotaging, negative thoughts. They help you visualize, and believe in, what you're affirming to yourself, helping you to make positive changes to your life and career.
- "Through repetition of affirmations, you voluntarily create thought habits."

You can download more affirmations and the program audacity from my site

<https://www.awakensuccesscoaching.com/affirmations>

Or you can download the program only directly from their website www.audacityteam.org/download/

Repetition is key to reprogramming your subconscious mind. It is exposing yourself to a new idea (or a new image since we think in pictures) over and over again. The point is not to memorize the information, but rather to impress the image into your subconscious or emotional mind.

But why do you have to keep repeating it day in and day out?

Because your self-image is deeply rooted in you. It has been running the show for a long time and, believe me, it doesn't want to change. So when you start eating carrot sticks or hitting the gym, your self-image fights back with statements like, "Come on... one piece of bread isn't going to hurt you" or "You've got too much to do to go the gym. You can go later." So you have to impress the new image over and over until it starts to take hold in your subconscious mind.

You see, at first the image is weak because it's only in your conscious mind. It's like a little sapling planted there. Repetition works to loosen the soil of the conscious mind and allow the new image to take root in the subconscious mind.

The more you impress the image into your emotional mind, the stronger it becomes. Eventually, the old image weakens and the new one replaces it, and you move into the vibration that the image creates. When that happens, you are in resonance with all that you desire.

But, you've got to be mindful of the ideas that you are planting. Unlike the conscious mind, the subconscious mind is totally subjective. It accepts whatever it is given. So ANYTHING that you say, write or feel over and over again will eventually become fixed in the subconscious mind...

Dedicate some time every day to building a new image in your mind. Read, write, listen to or visualize something that depicts the life you really want. Spending just 15 minutes a day will pay huge dividends.

(Bob Proctor)

Example Affirmations

I love and accept myself and the choices I have made, I am growing every day becoming wiser and wiser.

I am grateful for all the special gifts that make me who I am. I deeply love and accept myself.

I deeply appreciate all the love in my life, I am deeply valued, I am rich with love and support.

I have unlimited possibilities before me, I enjoy boundless resources, wisdom and common sense.

I am grateful for all my opportunities, I have tremendous wealth within me; and I am nurturing it, growing it, cultivating it watching it expand more and more and more.

I expect to be successful in all my endeavors, success is my natural state. Every day in every way, I open new doors to riches in my life.

I am so happy and grateful now that, health, wealth and happiness are ever increasing in my life.

Recap – Five Steps to a better you!

- Evaluate your beliefs about yourself, if you examine where those beliefs came from, you'll realize they're just not true!
- Think about how you want to be known, or WHO you want to be known as.
- Reprogram those beliefs.
- Become the leading role in your life story.
- Start acting 'AS IF', be the person you want to be or have courage to be yourself!

Remember two things!

I AM ENOUGH, I HAVE ALWAYS BEEN ENOUGH, I AM
MORE THAN ENOUGH
AND

It's not who you think you are that's holding you back, it's who
you think you're not!! Work on your self-image, you have the
tools!



Surround yourself with
supportive people



Stay connected



<https://www.facebook.com/awakensuccess/>



@awakentosuccess



#awakentosuccess



www.awakensuccesscoaching.com



If you would like to connect, ask questions or meet for a no obligation chat, you can schedule online
<https://www.awakensuccesscoaching.com/book-online>
Or email maria@awakensuccesscoaching.com

I also offer free lunch & learn talks for businesses, large and small on the following topics:

- 1 Setting worthy goals
2. The fast-track to success
3. The common denominator of success
4. Self-image

Other Tools that have greatly helped me to reprogram my sub-conscious mind.

1. Emotional Freedom Technique

Check out these websites

**<http://eft.mercola.com/>
<http://www.eftuniverse.com/>**

2. Inner child work

<https://lonerwolf.com/inner-child-work/>



awaken
SUCCESS COACHING