

Day 3

JL PERSONAL COACHING

SELF-ESTEEM SUPER BOOST CHALLENGE THOSE WHO INHABIT YOUR CIRCLE

WELCOME TO DAY 3 OF THE SELF-ESTEEM CHALLENGE. YESTERDAY, WE PRACTICED SELF AFFIRMATIONS AND TODAY WE WILL TAKE A LOOK AT THE 5-10 CLOSEST PEOPLE AROUND YOU.

TODAY WE'RE GOING TO UNDERSTAND THE OUTSIDE INFLUENCES THAT HAVE AN IMPACT ON YOUR SELF WORTH

REFLECTION:

WHAT IMPACTS OUR SELF-ESTEEM?

YOUR PEER GROUP

YOUR FAMILY

YOUR BODY IMAGE

MEDIA

YOUR PAST MISTAKES

YOUR UNDERSTANDING OF PAST FAILURES

YOUR SELF IMPOSED EXPECTATIONS

TAKE A MINUTE TO THINK ABOUT THIS. YOUR PEER GROUP AND YOUR FAMILY ARE, PERHAPS THE BIGGEST INFLUENCERS IN OUR LIVES. IF THEY ARE OFFERING YOU UNCONDITIONAL ACCEPTANCE AND NOT ASKING YOU FOR MORE, YOU MAY FIND YOURSELF IN THE LAND OF MEDIOCRITY.

(MEDIOCRITY: THE BEST OF THE WORST AND THE WORST OF THE BEST)



*When we are no longer able to change a situation - we are challenged to change ourselves.
Viktor E. Frankl*



Action: Without Action There Is No Change

Action:

Take a look at your inner circle.

Are these humans that push you to do more and cheer you on?

Take a minute to write down who the people you interact with the most and your connection with them.

How do they contribute to your life?

Do you resist their guidance or do you accept it without thought?

Rate each person on a scale from 1- 10. 10 is supportive and a champion for your best interest. Rating them a 5 suggests they consciously push you to be a better person.

Ask yourself, if you inhabit the space with people who rate lower than a 5-why do you do so?

Coaching Tip

You were born with intrinsic worthiness.

We often settle for what is comfortable,

because it is, well, comfortable. Every day do something to push yourself a little farther. Find a mentor, incorporate a new workout into your routine, rid your space of clutter...just to name a few.

mindmap

THE PEOPLE WHO SURROUND US
WHAT MESSAGE ARE THEY SENDING?



Free Resources

KNOWLEDGE+ACTION=CHANGE

WRITE A MISSION STATEMENT. THIS WILL HELP CLARIFY YOUR VISION FOR YOUR LIFE AND HOW YOU WANT TO LIVE IT. PERHAPS IT WILL HELP YOU UNEARTH YOUR PURPOSE IN LIFE:

[HTTPS://MSB.FRANKLINCOVEY.COM/](https://msb.franklincovey.com/)

EXPAND YOUR MIND: GET A CERTIFICATION IN LEADERSHIP & MANAGEMENT (FOR FREE)

[HTTPS://SHOP.TMZ.COM/SALES/LEADERSHIP- MANAGEMENT- DIPLOMA- FREE- 4- WEEK- COURSE](https://shop.tnz.com/sales/leadership-management-diploma-free-4-week-course)

TAKE THIS COURSE ON ACHIEVING PERSONAL SUCCESS:

[HTTPS://ALISON.COM/COURSES/ACHIEVING- PERSONAL- SUCCESS/CONTENT?EVENT=LOGIN](https://alison.com/courses/achieving-personal-success/content?event=login)

Journal Prompt: ↓
*I am intrinsically worthy, so what
is the root cause my thoughts?*



Thoughts are the only thing we can control. Every time you have a self-doubt or negative thought write it down. Come back to it later and ask yourself if these thoughts are factual.