

Self Esteem

**Here Is How To
Boost Your Personal
Power And Self
Confidence
- For Women -**

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Self Esteem



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Confidence - Online

Check this:

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Confidence - Coaching

Check this link:

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Your Self Esteem Might Be Low? Why?

The way your mind functions is the result of years of conditioning!

You are impacted daily by dozens of judgements, opinions and feedback from people around you.

In your childhood, your parents might have been tough on you.

They might not have validated your actions or disrespected you.

At a later stage, a boyfriend might have been hard on you!

He might have judged your actions or looks for years!

In the work place, you might have been the victim of bullying behaviours from colleagues.

These examples are all external influences!

Now, if you look inside, you might see the same type of patterns.

You might judge yourself harshly, put yourself down in social situations and think you are ugly or uninteresting.

Why?

Why on earth do you fall in these traps?

Are the opinions of your colleagues, parents or friends even true?

Is your negative self image even close to reality and who you are?

Years of conditioning

This is the thing!

The mind patterns in your life like thoughts, beliefs, emotions feelings are all the result of conditioning.

You were not born with them.

You learned them!

If a parent bombards you with negative judgements during a year, the impact on your mind is so strong that these beliefs become embedded in you!

You think they are your identity because the neural network or brain patterns associated with these experiences are now physically grounded in your brain.

An emotion is not just a passing wave.

An emotion is reflected by a physical neural pathway!

In other terms, there is a physical path or network in your brain that reflects your ways of thinking or feeling.

When you try to change your ways, you fight with these existing pathways to recondition yourself.

This is why thinking positive doesn't happen by itself!

It's something you need to train!

You are beautiful!

Yes! You are!

Do you believe me?

I am going to tell you exactly why I like you!

I like you because of your life experience!

I like you because of your dreams!

I like you because of this diversity of incredible emotions you can experience.

I love your dignity as a human being!

I like the fact that you are searching for answers!

I feel your ambitions and I am touched by the fire you have in you every day!

I am touched by the way you laugh or the way you get angry.

I see the way you arrange your personal space and create a nest you feel cosy and comfortable in.

I like how you text or call you friends!

I love how you drive!

I imagine your passion and desires when you make love.

I see how you are touched when someone gives you a compliment.

I enjoy how you take care of your kids.

I like that when someone bothers you, you are able to stand up and defend yourself.

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I like how you look in the deep sky when you are in nature.

I enjoy seeing the fresh wind gently moving your hair.

It's funny to see you scream when you suddenly get scared of something.

I like your career!

I like when you are in power!

I feel compassion when you suffer and would do anything to help you.

I like your body!

I like the depth of your happiness and smile!

I like... Liking you!

Your power! Your dignity!

Here is what I see in you:

I see the glorious manifestation of life!

I believe that your existence is an incredible gift!

Your life will be positively touching dozens or even thousands of people in your life time!

Your life is a miracle!

Life loves you!

I honestly believe that you have an army of angels working with you to manifest your destiny!

Supernatural forces are at play every single day of your life!

Even if you just look at the biochemical processes in your body!

Blood, hear, organs, thoughts, nervous system!

It's all happening all the time!

It's magical! It's beautiful!

It is life!

Life loves you!

The spiritual power that lives in you is this incredible flow of energy that started beating in your heart the day you were born!

You are a miracle!

No matter your race, gender, age, education, character, skills or body shape.

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In front of the absolute, none of this truly matters!

As a member of the human race, you receive an unlimited amount of love!

Can you take it?

Open up and receive it!

This is not a trick I am playing on you!

This love is real!

This caring force that protects you throughout your life is real!

It's an intelligent energy you can even communicate with.

Try it!

Right now, try it!

See what happens!

Why you will win this battle

Because you are not doing this alone!

You have an intention and this intention is shared by invisible forces which are trained to give you bliss!

That's their job!

But you need to take the leadership role!

This means that you need to plant the seeds.

You need to take the lead.

And these forces will follow you whatever you tell them to do!

If you instruct them to give you beauty and delight every single day of your life, that's what they will start building!

Why?

Because you are their leader and they recognize you as such!

Yes! The invisible is magical!

We are talking about elemental, invisible forces that are at play in your life all the time!

They work around you whether you like it or not!

I am inviting you to take control and work with the invisible consciously!

You decide!

A commitment is a decision!

You decide!

You are in control!

You are in charge!

When you think negative, you do so because you accept these negative thoughts and beliefs.

When you decide to think positive and express your power, the invisible forces follow you!

All it takes is a decision like the one you feel emerging in you right now.

What is it?

What are the kind of things you want to decide right now?

Here are some hints:

Happiness!

Power!

Respect!

Love!

Harmony!

Confidence!

Vitality!

Delight!

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These are values!

These are core beliefs!

They are energy realities you merge with!

Start leading your life towards victory!

Victory is life mastery!

When you are trapped in mind sets you don't like, you are enslaved!

You feel limited.

When you take control and realize that you are the one choosing, the equation of your life shifts!

You take the control seat!

Why would you choose negative self beliefs?

Suppose that when you start thinking you go back to limiting beliefs about yourself.

It might be the way you see your life, your body image, your skills, your friends?

Are you putting yourself down?

Systematically?

If it's the case, listen to what I will say!

The core of the solution lies in understanding the causes for these negative mind sets.

So here we go:

Imagine that you are a little girl.

Your father is verbally aggressive and doesn't give you much love.

You crave for that love and you would do anything to please him.

When he tells you that you are worth nothing, that you are hopeless or ugly, you take it in.

You don't even have the power to resist his words because he is too strong.

His energy and character are already built!

You on the other hand are just a little girl simply trying to do your best.

No matter how hard you try, his words are always harsh.

He looks angry and you are scared of his anger.

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You spend the first 12 years of your life practicing damage control!

This means that you try to avoid pain!

You try to avoid his anger.

You want to feel emotionally safe!

This is when you realize that the best way to achieve that is to make yourself small.

The less he sees you, the less he is likely to bother you.

You start speaking with an insecure voice.

Your behaviours and actions express your anxiety.

You end up embodying this attitude all the time not just with him, with everyone.

Being in a state of emotional insecurity quickly becomes your vehicle.

It colours your connections to others, your life choices, your thoughts and emotions.

This insecure mind set is a coping mechanism.

In fact it is a defence strategy to stay safe.

When you turn 15, you start rebelling!

You know that something is not quite right!

So, you argue with your dad!

You try to fight back!

He literally annihilates your objections with his power.

He might express some isolated kindness here and there but quickly falls back in his disrespectful mode.

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You decide to hide further to preserve yourself.

You realize that if you simply accept what he says, you are safer.

That's a turning point because you are now at the age you build character.

The attitudes you develop then tend to stay with you for life.

The first time you are offered a job, you project everything you experienced with your dad in your professional connection to your boss.

The story repeats itself.

Your insecurity triggers negative reactions in your boss.

The cycle starts again!

See what's happening?

It's conditioning!

The coping attitudes you developed with your dad can still be there 35 years later.

You never thought of erasing them and starting over a new story.

This story is just one example!

Maybe your dad was great but it was your mother who was abusive.

Or it was a sibling, an uncle or a friend!

Maybe it was a school teacher!

Maybe your childhood was great but your first boyfriend traumatised you and left some open wounds in your life.

The point is that these coping mechanisms you develop when someone challenges you are always the same:

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Make yourself smaller to survive.

Have you seen how a shy cat responds when you approach?

They make themselves flat, try to hide in the ground!

That's a defence response aimed at surviving!

I believe that low self esteem is a similar response!

It is aimed at protecting yourself.

The thing is that when you have been playing low for years to protect yourself, you become so used to this habit that you forget to stand straight when danger is gone!

Expressing your power feels dangerous and uncomfortable because it could trigger negative responses from those who aggressed you before.

See how this works?

If you have been living in a cave for many years, suddenly going out and walking in the sun feels uncomfortable in the beginning because you are not used to it!

When you have been doing that for years, playing low and putting yourself down becomes your comfort zone!

You might not like these low self esteem thoughts or emotions but you keep expressing them because these are the mind sets you are familiar with.

When someone asks you to go on stage at a theatre course, the first time you do that, your voice is trembling and insecure!

You are not familiar with the confidence mind sets!

It's a whole new world you have no idea how to master!

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If you are given the right space and time, it takes 1 to 3 months of training to develop a new outlook on life!

Yes! Confidence, power, happiness or success are all attitudes you can practice and develop until they become your new emotional base!

Accept compliments!

I see people missing this opportunity all the time.

If you get a compliment, take it!

Accept it!

Delight yourself in it for a minute!

Say thank you!

Let people see that you appreciate these kind words.

A compliment is a gift!

It takes some courage to accept it and receive the bliss that comes with it.

A gift is an expression of validation and love.

If someone says "You are beautiful", don't disqualify these words.

They are energy nurturing your being.

Here is what I frequently observe:

Someone gets a compliment.

Here is how I often see them respond.

This might be via self talk or verbally expressing these thoughts!

They often think:

- You don't really mean it
- You say that to everyone
- I can't believe you
- What makes you say that
- I pretend I didn't hear it because it makes me uncomfortable

Self Esteem

- What do you want from me
- You can't be trusted
- Etc.

Whaou!

Can you see that?

The typical answer is often disbelief!

How do you stand in that?

Do you take compliments really well or do you disqualify them?

If you disqualify them, why do you do it?

Do you understand why you reject a compliment?

Is it because you are afraid of connecting?

Is it because you know that accepting them opens you up?

Or is it because you feel if you do you owe that person something?

Maybe it's because you want to stay in the conquering mode and shifting to an ecstatic bliss moment makes you weaker?

The disqualifying answers you can reply with are very subtle.

Being able to receive is beautiful!

If you suffer even a bit from lack of self esteem, allow others to help you with that.

If a lover did try to destroy your self worth, allow a good friend to give you some sincere validation.

Next time someone gives you a compliment, simply practice saying:

"Thank you! I am touched by your words".

Positive self talk

Low self esteem comes a lot from a story you tell yourself.

This story might have originated in things your heard from others.

Or it might be a story that you created yourself.

The point is that this self talk is being created by you right now.

What's your story?

What's the story you tell yourself?

"When I was a kid..." what comes next?

"I am insecure or shy"

"I don't know what I want"

or does it sound like...

"I love my life!"

"I love myself!"

"I love my body!"

"I am passionate about my existence!"

What is the story that you tell to yourself?

Look at it and realize this simple fact:

Your self talk creates your reality.

If you feel that yourself self talk is negative and that's how you want it, I respect that.

I honestly do!

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If your self talk is positive, you are already on the right track, keep doing it.

If your self talk is generally negative, here is what you can do:

Fake it until you make it!

What do I mean?

Say things like:

“My life is fantastic”

“I wake up every day singing”

“I love all the gifts that come my way!”

If deep inside, you feel that your life is not fantastic and you say “My life is fantastic”, what comes to mind?

Do you get the feeling that you are not being true to yourself?

Do you feel a bit uncomfortable with that statement?

Do you get the feeling that what you are saying is simply not true?

Well, the idea is that if you say it 10 times, even if it’s not really true for you, eventually it becomes true.

If you say to your friends “I am successful” and feel you are not, if you say it 100 times, eventually, success will start pouring in through every aspect of your life!

In the beginning, you fake it.

You pretend it is true!

It is like game that you play with yourself!

What’s magical is that if you play that game consistently, the positive reality that you started creating becomes your new identity.

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Body power!

Your body! A wonder! A miracle!

Life force streams through your whole being every single second of your day!

If you want to boost your power and self esteem, one of the most direct ways to do that is to energize your body!

Train! Move your body in any way you want!

Ahaaa?!!! No disqualifying please!

This is a solid tactic!

Half the people I say that to, reply with an instant ready made objection:

- I don't like the gym!
- I have no time!
- I hate training
- Etc.

Wake up! Any of these are just excuses!

Your body is a source of power and energy!

If you don't use it, you miss on one of the core most essential sources of joy and bliss that you have!

You are what you eat!

True!

I feel that the most energetic food is raw, unprocessed!

Vegetables, fruits, nuts and seeds!

This is what gives you the biggest boost!

Your diet is a huge component that dictates the way you feel.

If you feel that your diet is a mess, start with a small steps:

At least some fresh salads every meal.

Raw food is filled with life force.

Lack of self esteem is lack of energy!

Lack of energy is lack of life force!

Guess what?

Raw food is packed with life force!

Raw food is alive!

If you plant an apple in the ground, a few years later, you get a tree!

If you plant a pancake in the ground what do you get?

There is unlimited info online on this topic!

Search for "raw food" or "live food".

This could be the most profound revolution in your life ever!

I never met a raw foodist with poor self esteem! Really!

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Connect with those who value you!

Stay away from those who put you down!

Surround yourself with people who value you!

Here is the trick: you might not get validation from those you expect.

If you are thirsty, do you limit yourself to drinking from just one fountain?

Of course not!

That would be too limiting, right?

You need to be flexible!

If one of your parents doesn't give you love, maybe the other one does!

Maybe it comes from an uncle or an aunt!

Maybe it comes from your step dad instead!

Maybe it comes from a mentor!

Or it might even come from a community!

You can't afford to be picky!

You can't force free will.

You can try to educate people and teach them how to please you or value you!

Yes you can!

But it is often hard work!

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It frequently fails because the person you are focused on deeply resents playing that game with you.

They might have another agenda!

Maybe this agenda is a competitive one!

They want to compete with you rather than validate you.

They don't want to stand by your side, they want to challenge you.

If that's the case, what do you do?

You look for validation somewhere else!

Take a white page, make 2 columns.

On the right, write down the names of those who put you down.

On the left, write down the names of those who value you.

Activate your connections with the ones who empower your existence!

You consciously activate these connections on the right and let go of the ones on the left.

Validate others

Having a positive attitude is something you train.

You train by practicing it any time you can.

An excellent and simple way to do that is to give people compliments.

You can compliment them for their work, their body or their attitude.

You can compliment them for the way they raise their kids or the way they keep their house clean.

You can congratulate them on the good things that happen to them like a pay raise or a new relationship.

If you don't know where to start, here are some examples of how you do this:

- To a colleague: "It was really fun working with you on this project. I liked your attitude and your professionalism. You were totally focused and I could feel your passion for giving it your best shot! Well done! I like that!"
- To your boyfriend: "Whaou! Last night was fantastic in many ways... You really know how to touch me and turn me on! You are good at that"
- To your kid: "Thanks for helping me with cleaning yesterday. I really appreciate what you did. Your room is perfect now! Well done!"

Why validate others?

Because it makes you point out the positives.

Seeing the good side of everything in and around you is like a muscle you train.

Once you are good at giving compliments to others, it is super easy to compliment yourself too!

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What if you get little recognition for the work you?

It's often like that:

You might work in an office and your boss never says thanks!

What do you do?

Can you change them?

Can you force them to say thank you?

Honestly, it is often a lost cause.

You need to be happy with what you do without needing someone to say thanks.

Sometimes recognition comes from places you don't expect.

It might come from a colleague or your husband.

It might come from a very happy client.

The point is that most people are not actually well trained to say thanks.

They miss the opportunity frequently.

So, what will you do about it?

Feel miserable about it or find recognition in other sources?

Another point to remember is that for most bosses, your pay check is the validation for your work.

One more strategy to try is to really stick to what you are paid for.

Very often, it is when you cross the line and do way more than what's expected from you that you expect more recognition in return.

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Self Esteem

This rarely works.

You work over hours for months and get no thank you sign from anybody.

The solutions?

Drop perfectionist attitudes, stick to what you are paid for, leave on time and don't show up early.

That's unless you are passionate about what you do and don't need anyone's validation to be happy with your work.

Can you educate your boss?

Yes, you can try?

Especially if you have a good connection with them.

If they check your work and you see them smile, you can say: "So, you like what I did?"

This will force them to "admit" that you did a good job.

If you are friends with them, you can give them some gentle advice and letting them know in a subtle way that complimenting their team makes everyone eager to do a better job.

Remember though that educating anyone, especially your boss is usually hard work.

When you tell them in subtle ways what to do, you are trying to teach them management skills!

Most bosses will be quite challenged by you pointing out their weaknesses.

Most of them will feel criticized and defend themselves.

That's unless they are wise and see your feed back as an opportunity to grow.

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Self Esteem

If your pleasure at work depends on your boss saying thanks or not, you are usually in trouble.

The best is to relax and sometimes be less eager to please.

You can do that without losing your professionalism and by building a new confidence edge instead.

Build up your confidence? How?

Confidence is an attitude you train!

Confidence is a posture you take!

It is a tone of voice you adopt.

Before you enter a meeting room, adopt a confident posture!

Lower your shoulders.

Smile!

Make eye contact!

Be proud of who you are!

Look at people straight in the eyes!

When you speak, is your voice trembling or are you speaking clearly?

Listen to yourself and add power and presence to what you say.

Another way to build up confidence is to gain knowledge and skills.

How do you feel when you start in a new position?

Of course, you can feel challenged because you don't know your team yet, you miss lots of information and your experience in this organization is limited.

What will give you power?

Knowledge and experience!

A good way to gain this confidence is to research the topics you are supposed to master.

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If you have to give a presentation on a new marketing strategy, the best way to gain total confidence is to know your topic really well.

In other terms, you must be prepared!

Be prepared for objections, questions and challenges!

Another key factor that gives you confidence is support and connections.

When you establish fresh and empowering relationships with people around you, this gives you strength.

With this strategy, the goal is to cultivate connections, feed them, nurture them!

You smile, engage in fresh conversations with those you know.

You are interested by those you don't know.

You keep in touch, respond to emails and messages when someone contacts you.

All this wakes up your networking power and gives you a solid confidence boost.

It is hard to feel strong when you feel isolated.

Confidence with men?

Again, a skill you practice!

It is very challenging to develop confidence with guys if all you get is a date every six months.

To develop confidence with guys and social confidence in general, you need to go out!

You need to respond to invitations when they come your way!

Once at social events, engage with those you meet!

Ask them interesting questions like:

“You seem to be a very passionate person! What drives you in life?”

Conversation skills is something you can teach yourself by practice.

These conversation skills give you a new edge and power in social situations.

You see, when we talk about lack of self esteem, we talk about a power or confidence gap.

If you want your self esteem to be higher, you will get that by increasing energy, power and presence in various areas of your life.

This extra confidence raises your self esteem automatically.

This means that if you are able to establish a great connection with any man you want, that raises automatically the perception you have about yourself.

Self defeating attitudes?

This is one aspect of your negative self talk.

You express a self defeating attitude when faced with a challenge you see yourself losing.

How do you turn a self defeating attitude around?

You train a new self talk.

You say things like:

- "Of course, I will win! I am the best at this!"
- "I have all the skills I need to succeed!"
- "I want it!"
- "I will get it!"
- Etc!

You psych yourself up!

Imagine that your life is in danger!

Imagine that your life depends on your survival power?

This is when a fresh boost or adrenaline can kick in and shift your energy state.

You enter into battle and decide that you will win this!

As soon as you see limiting beliefs creeping in your mind, look at them and destroy them!

Literally!

Look at any negative belief and say to yourself:

"Get out! You have no place in my mind! I have been giving you way too much attention in the last few years and I am in love with a new way of thinking! From now on, I am the winner!"

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You have different ways of responding when you feel attacked by negative beliefs.

The first one is to dwell in these feelings and release them.

That's the healing and therapeutic approach.

The battle shift approach I suggest is radically different because you trigger your fire, even your anger to kick negative thoughts out of your mind.

Jaya! Victory!

There is a magical word you can use for that!

This word is "Jaya"!

It means "Victory!" in Sanskrit!

You can jump up and down and boost your confidence and energy by repeating this word out loud!

You can use it while you train, jog, bike or swim!

You can wake up in the morning, open the windows get some fresh air and energize your day by starting with this simple practice.

The truth is that you deserve to win at anything you try in life.

Nothing and no one has the power or right to stop you!

That's the kind of mind set you want to be in!

My parents never loved me

I know, that's a tough one!

The question is "What can you do about it?"

If love doesn't come from the source you expect, are there other sources that give you infinite bliss and validation for who you are?

My belief is that there are!

Here is what I believe:

I believe that we are surrounded and permeated by invisible energies all the time.

Let's call it life force!

Yes, I am talking about spiritual energy.

And I believe this is the ultimate answer to any lack of self esteem and validation you might feel.

I actually believe that every single human on this planet is surrounded and permeated by these forces all the time.

We can tune in and even consciously activate this connection through simple practices.

You can for instance engage in dynamic energy techniques like breathing, sound work or any form of physical exercise.

When you boost your energy it naturally frees your mind.

Negative thinking patterns or poor self esteem are all anchored on your energy body which is the subtle aspect of your physical body.

Some people call it aura, electro magnetic field, biofield or etheric body.

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When you feel upset, these negative emotions are anchored in the your energy body.

When you practice an energy technique, you release these disturbances and create emotional freedom in you.

This is why going for a jog under the rain clears your mind and can give you such a blissful boost of energy.

It is because, the tensions that were accumulated in your energy body are released.

The bliss or freshness you feel are reflections of this emotional freedom I just mentioned.

The goal is to be in a clear mind state!

You want to build up a reserve of power and energy you can tap in any time you need.

This is a vast topic and I have dozens of videos and audios on my site that actively describe some of the techniques you can use. Go and check them out at [vital coaching dot com](http://vitalcoaching.com).

Back to your parents...

Should you speak with them?

Should you try to get them to give you what they never did?

Of course that's an option.

This means engaging in a therapeutic experience with them.

You can speak with them and let them know how you experienced your childhood.

They might apologize and want to give you more love from now on.

In my experience, being dependent on what other people do or don't do for your happiness can be very limiting though.

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Why?

Because it is very challenging to control and direct other people's actions, beliefs or thoughts.

You might spend weeks trying to have a constructive dialogue on this topic with your parents and realize that they simply don't get it.

After endless discussions, you might still be faced with a mother or father who don't express the love you would like to feel.

Maybe they simply don't have the skills.

What do you do then?

What if they died already?

Are you doomed for life?

Of course not!!

Again, I believe that sources of love, energy and bliss are everywhere.

It is just a matter of knowing where or how to activate them.

For instance, you might have poor family connections but very solid friendships with people who love you.

Or this love and beauty might come from your kids.

Or you might go to a yoga class and experience a vibrant sense of joy by taking a specific pause.

This bliss might come to you through the beauty your experience when you go to a specific spot in nature.

Or bliss and rewarding energy might manifest through your work or your contribution to the planet or humankind.

All these examples show you one thing.

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Self Esteem

That if your family and specifically your parents don't give you love and bliss, search further and find out how to activate these qualities somewhere else.

Step out of the victim role

You have different ways of looking at reality.

Your perception of your life is a filter you use to interpret what happens in and around you.

Different people will interpret the same facts or situations differently.

For instance, if it rains, some people might get really upset while other enjoy the freshness.

When you take the victim role, you remind yourself a lot of the bad things that happen to you.

You talk about it with friends and journal about it.

Your self talk is permeated by the idea that somehow there is a conspiracy to make you unhappy.

People's actions reflect this state of mind and you recognize this victimization in the events of your life.

Is this an absolute perception of reality?

Of course not!

Someone else might look at events in your life and interpret them totally differently.

Or they might give more weight or importance to positive things you don't see.

Stepping out of the victim role means consciously deciding to give more importance to the good things that happen to you.

Again, this is an attitude you train! You decide to see the bright side in everything.

You decide to see your victories rather than your mistakes.

Self Esteem

You decide to hear the compliments and forget about the insults.

When a challenge comes your way you decide to see it as an opportunity to develop some new skills.

Listen to how you start conversations.

Listen to what you say.

Listen to the tone of your voice.

Are you putting yourself down in subtle ways?

Are you sending the message out that you are weak, or that you are strong?

Every time you speak, the words that come out are your choice!

You can consciously choose what you say!

You can consciously shift your perception of reality.

Are you saying "We live on a beautiful planet filled with wonders and magic!"

Or are you saying "We are doomed as human race, people are fundamentally bad!"

Who is saying these words?

What are these words?

Are they the truth or are they a description of reality perceived through the filter of your mind and life experience?

For someone who is sad, even the sunshine can feel sad.

It is this state of sadness that colors the perception of reality.

Yes! I am clearly saying that you can consciously choose and train a positive perception of reality.

Self Esteem

Your mind is it your best ally? Or is it your worst enemy?

Every thought and every emotion that you manifest is YOUR creation.

You can choose the states of mind you want to be in.

So, what's the challenge?

The challenge is that a victim role can feel very comfortable.

The story that you tell yourself becomes your comfort zone.

Each time you step out and start telling a different story, you challenge yourself and manifest new emotions and feelings.

Here is an example:

Your ex broke up with you 3 years ago.

When you meet new people you can say:

"I am still so hurt by what he did, I can't believe he left me! We were perfect for each other! All men are jerks! I will never date again! This always happens to me! No one can be trusted!"

Or you can say:

"This break up is the best thing that ever happened to me! I feel so free now! No longer stacked with a man who was depressed most of the times! It gave me the space to travel and meet so many wonderful people! I am so thrilled and thankful for the gifts that come my way every single day!"

Which of these 2 stories is the truth?

Think about it carefully because there is an essential key right there.

Both stories can be true!

It simply depends on which one YOU DECIDE to choose!

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Self Esteem

This means that if you start telling the positive story to the people you meet, guess what will happen?

They will think:

“What an interesting person! So much energy! A good example of how to live your life! It’s so much fun to spend time with her! I want to invite her to come with me to this trip...”

You got that, right?

The positive vibes you send out attract more positive energies!

In this example, I describe a break up situation but it could be any experience in life.

Here is what you can do right now:

Take a white page and start describing the story of your life in a positive way.

Describe in detail all the good things that came your way.

If you don’t know where to start, look for details, a ray of sunshine, a smile from someone, a wonderful feeling you experienced...

Start writing and you will notice that as soon as you focus on the good, more good pops up.

You start shifting perspective and see life from a bright angle.

You can easily catch yourself when you are spinning in negative self talk.

You will interpret facts in very negative ways, systematically.

For instance if you get a pay raise, instead of celebrating, you can instantly focus on the fact that someone else got a better pay raise.

These mind dynamics design your life.

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Self Esteem

You are the architect of your existence and each thought or emotion you create triggers a specific flow of energy.

If you are upset and focus on what makes you upset, you eventually make it bigger and you become even more upset.

You shift these dynamics by training positive mind sets.

You have 3 simple areas where you can train positive mind sets:

- In what you think
- In what you say
- In what you write

It takes 1 to 3 months of practice to start owning positive mind sets.

This means that if you tell a positive version of your break to one person, this will have some impact.

If you tell it to 10 people, it will have a huge impact.

If you start blogging about how thrilled you are to be free, the positive impact will be even stronger.

If you watch yourself talk and decide to create positive thoughts connected with that experience, you thrive!

This is really like going to the gym and training a physical muscle.

Being positive is a skill you consciously train!

How does attraction really work?

You get more of what you focus on!

It is that simple!

Ok, if it didn't hit you yet, read it again!

Hold that thought for a moment until you really get it!

You get more of what you focus on!

Do you realize what this really means?

It means that if you say something like:

"My life is just problems!"

Guess what happens?

You get more problems because that's what you focus on.

If you say:

"My life is an ongoing flow of precious, delicious moments"

That's exactly what you get:

More delicious and precious moments.

Why is it that way?

Why is it that you get more of what you focus on?

It is because we are creators!

Sometimes, we can forget this but our thoughts and emotions are objects!

They are designs!

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Self Esteem

When you think "I am happy", you trigger a flow of biochemical reactions in your brain and body.

These chemicals are associated with specific neuro pathways in your brain.

The thought "I am happy" creates emotional associations in you.

It's like a project you start working on.

You get comfortable with that mind set.

It becomes your reality.

Because you say the words happiness or happy so many times a day in your conversations, this energy permeates your relationships too.

If you hear music that expresses happiness, you recognize this emotion and buy it.

Every time you play this music, you are reminded that you are a happy person.

The power of this initial thought "I am happy" triggered a whole chain reaction of events in your life!

Yes! That's how it works!

You can choose the river you want to swim in!

Educate your spirit!

The invisible is in service to us as much as we are in service to the invisible.

Do you believe in angels?

Do you believe that we are surrounded by formless spiritual intelligences that are sponsoring our daily life?

Do you believe that every aspect of life on this planet is created following a very specific order of things?

Do you believe that human intelligence is just one type of intelligence and that we have many more creative forces and hierarchies on this planet?

Suppose that all this is true!

Suppose that we are co creators in our own human evolution.

How do we communicate with the invisible?

Can we establish a dialogue with the forces that surround us?

Of course we can!

We do that all the time via prayer, artistic expression and any other form of creative activity.

Speech! Inner speech!

That's one of the most fundamental powers we have as human beings!

You can teach your spirit, the invisible, the universe or the angels that surround us!

You can teach them how to serve you!

Self Esteem

If you are being confronted systematically with negative challenges, internally, you can send a direct order!

This order can sound like:

“Enough!!! From now on I want another story!”

“I want a shift!”

“I got it! I understood what I needed to understand”

“From now on, I want happiness and bliss to come my way!”

These are direct orders!

Make your wish!

Your wish can be very gentle and end with a “Please?”.

Or it can be very directive and start with an “I order you”.

If your order is not aligned with a positive stream of energy for the planet and humankind, you could experience some energetic obstructions.

I do believe in a subtle inner order regulating what happens on this planet.

The best way to feel it is to experiment with it.

If your orders are too selfish or involve hurting other human beings or the planet, you will feel solid resistance for your order being fulfilled.

Use love and wisdom when making clear requests.

You will soon experience a very positive stream of powerful responses.

One more point concerning universal requests:

You need to do your part!

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Self Esteem

Suppose that you are a heavy smoker and invoke the power of health.

Well, you need to be coherent!

You can't engage in a progressive suicidal practice like smoking and request health at the same time!

Your ACTIONS need to match your request.

You must be coherent for positive forces to be unleashed in your life.

Align yourself!

Your actions are one stream of manifestation amongst a much vaster stream of manifestation on this planet.

Your thoughts, emotions, actions or choices are not isolated!

They are parts of a vaster stream of manifestation flowing through this planet right now.

Even on a human scale, you have billions of beings actively creating every day.

If you perform actions or make choices which work against humankind or the planet, it is like swimming upstream.

It is hard! It is tough!

The moment you align your being with needs that are way vaster than yourself, you will see a greater positive response!

You feel forces wanting to collaborate with you or sponsor what you do!

Here is a simple question to ask yourself:

“If millions of people were taking the steps that I am about to take now, what would be the impact on the planet and humankind? Would that be a good thing or a bad thing?”

Take this example!

You don't like your neighbour!

In fact you are internally wishing him the worst!

You invoke more power in your life!

This power gives you more potential to hurt that person!

Self Esteem

Is this a good thing or a bad thing?

Now, imagine that your neighbour doesn't like you.

Your neighbour is asking for the same power to the universe!

What do you get?

An escalation of conflict, right?

Is this a good thing or a bad thing?

If it's just 2 neighbours fighting with each other, that's not a big deal for the planet.

Now, imagine that it's not just 2 neighbours but 2 super power nations!

What do you get?

Wars!

What's the conclusion?

That you need to harmonize!

You need to build up love, tolerance and respect!

We need to work together as a human race, really!

You get the picture right?

If humankind was flooded right now with unlimited power, where would that power be channelled to?

To eradicate hunger worldwide or to build even more powerful corporations with greater manipulative power over their consumers?

Where is the drive on this planet?

What are people passionate about?

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Self Esteem

Where are they putting energy?

If a system is even slightly corrupted and you energize that system even more, the level of corruption increases.

You need to get things right before more power can be granted.

This evolutionary principle can be seen on all scales of human evolution.

This regulates the evolution of individuals, families, communities, nations or the totality of humankind.

So, what does that have to do with your self esteem?

I believe that lack of self esteem is a love gap.

The infinite flow of universal love start pouring through your life the moment you align yourself with forces that are way vaster than yourself.

In other terms, if you love your neighbour, the universe loves you back.

If you respect the planet, and every single living form around you, respect is given to you.

If you offer your life in service to a greater positive cause, unlimited energy and inspiration are transmitted to you.

This means that the energy you need as a backup or sponsoring power in your life connects with you.

Imagine that you have a powerful spiritual entity overseeing the evolution of a given neighbourhood.

The role of that spirit is to create harmony!

You live in that neighbourhood!

You invoke destructive powers to hurt your neighbour.

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Self Esteem

What's the angel going to say?

"If you hurt him, you hurt me!"

"This goes against what I am precisely trying to do."

"Why would I give you power?"

"Why would I give you love?"

"Why would I heal you if any extra energy you have, you use it to create conflict around you?"

What to do if someone puts you down?

Stay away from them!

What if it's your boss?

What if it's your partner?

What if it's a friend?

Tell them to stop!

Teach them how to treat you right!

"What you say is hurtful! I don't like it! I want you to stop talking to me that way. I have a deep respect for you and I know you can do this."

This is a directive clear request.

You often need to repeat the message a few times until people get it.

You might repeat the same message 5 to 10 times in a similar way before you actually see an attitude shift in the person.

This is not because people are stupid.

It is human nature.

You need some repetition to train a new behaviour.

Think about teaching something to a kid.

You say "brush your teeth" once and they get it?

Of course not.

You need to repeat the message a few times and be consistent with it.

Self Esteem

For instance if you say "Brush your teeth" one day and they hear you say that toothpaste is dangerous and full of chemicals the following day, you contradict yourself.

With educating people around you, the same applies.

You need to give them the same message, be firm, consistent and coherent!

You can rephrase of course:

"That's not ok!"

"You hurt me when you do that. I don't like it!"

"You must stop!"

Control what's yours!

Another key area where you can lose energy and feel overpowered by others!

It happens when you let others control your life!

You were born with the right for self determination!

This means that you have a basic human right to have control over your actions, beliefs, thoughts, emotions, time frame, personal belongings, personal space, choices, etc.

These are yours.

When someone tries to control any of these they violate one of your most basic human rights.

When you systematically give away your power and give others the right to control you, your level of power drops.

That's when your self esteem can get low too.

Suppose that you have a brother who abuses you verbally!

He will say things like:

"You are worth nothing! You are ugly! You have no friends!"

Verbal abuse is an attempt to overpower you.

In other terms it's a conflict between your world and his world.

His thoughts attack you!

He tries to get you to think what he says.

He tries to convince you.

Self Esteem

When you are bombarded with these negative mind sets, you might given in and eventual adopt what he says as your truth.

If you do, he wins, right?

What if you hear what he says but you keep repeating to him:

“Actually, I am pretty gorgeous! People love me and I have a bright and successful future ahead of me!”

These are your thoughts, your mind sets, your beliefs!

You can choose what you want to believe!

No one has the right to tell you what to think!

You can apply the same kind of ideas to the other aspects of your life.

For instance if someone wants you to commit to a social event and you don't want to go.

You have the right to say “No!”

What happens when you say “No!”?

You own your power!

You own your time!

You take control!

You take charge!

This increases your power!

And it increases your self worth instantly!

Say thanks!

Here is another simple technique to create solid perspective shifts throughout your life.

When you wake up in the morning, smile and recall 5 things you are grateful for.

You can say this out loud or think them.

Say "Thanks!" at the end.

When you do that you naturally train yourself to focus on the positives.

It's the people who are grateful who are happy, not those who are happy who are grateful.

You understand?

Gratitude triggers happiness and happiness triggers a positive outlook on everything in and around you.

Wake up your universal identity!

You are a universal being!

You are way more than a personality going through your daily life.

While you read these words, you have millions of biochemical processes going through your being!

Blood is streaming, heart is pumping!

Each of your millions of minute cells in your body are doing their work!

Your life is a miracle!

It is!

Seriously!

Don't take it for granted!

In an instant you can recall thousands of moments, memories or facts stored in the back of your mind.

Each night you go to dream states and for a few hours, your mind creates images, emotions, thought and feelings.

You have the power of speech!

Through your words, you can transmit emotions and communicate with the world around you!

Your creative power is limitless!

You can learn new skills in an instant!

You have the delightful ability to be able to fall in love and experience bliss through the connection with another human being!

Self Esteem

You are a cosmic citizen and beyond your personal identity there is a world of even greater wonders!

When you enter in meditative trance, you suddenly experience the dynamics of the universe.

Everything you do on this planet is like a game you play.

All that happens while, deeper inside, your spirit is alive and eternal!

Your life force is awake in every second of your life.

Energy flows through your being!

This is the greatest gifts of all!

You are alive!

I am in service!

You can offer your being right now!

I don't mean sacrifice!

I mean that you can say something like:

"I love my life! I am honoured to be on this planet! I love humankind!
I am in service! Use me for the greater good!"

For many people, what matters is within the limits of their own personality.

That's their job, family, friends, dreams, ambitions, choices or belongings.

I think we can aim higher than that.

We can realign our lives by positioning ourselves differently.

Your flame is a part of a vaster human fire.

Your wishes are common to most human beings on this planet.

You can take this conversion right now and realize that there is a greater plan for a every human being on this planet.

Try it!

Seriously!

Try expressing these simple words:

"I am in service! Use me!"

See what happens...

The fact that the sky doesn't open instantly doesn't mean your call hasn't been heard.

Self Esteem

Your being needs to readapt when you make a profound decision.

Stay alert! You will see ways of contributing coming your way!

When you do, take action!

Conclusion

I hope you enjoyed this book!

Feed back? Questions? Success stories?

Email me at francisco@vitalcoaching.com

For coaching:

<http://vitalcoaching.com/coaching.htm>

For more:

<http://vitalcoaching.com>

To your power!

Francisco Bujan