

Success

It's a Way of Thinking

Rules of Class –

- Words that are not to be used during session:
- Can't/Cannot
- Tired

Words to Repeat – Expect Great Things For
I am Great!

Success

Introductions

Using the first letter of your name, give a positive word that starts with the same letter.

You will shout that word while clapping and staying on beat. You will have 10 seconds to think about that word. **YOU MUST SPEAK LOUD SO THAT WE CAN HEAR YOU OVER THE MUSIC.**

Success

ATTITUDE IS EVERYTHING

- Your mind and your body are part of the same system.
- They influence each other. When you're happy, you look happy, you sound happy and you use happy words.
- Your attitude controls your mind, and your mind delivers the body language.

Success cont'd

- Attitudes set the quality and mood of your thoughts, your voice tone, your spoken words.
- Most importantly they govern your facial and body language.
- Attitudes are like trays on which we serve ourselves up to other people.
- Once your mind is set into a particular attitude, you have very little ongoing conscious control over the signals your body sends out.

Success Cont'd

- Your body has a mind of its own and it will play out the patterns of behavior associated with whatever attitude you find yourself experiencing.

Success Cont'd

- ❖ Before we talk about our choices, let's see if we know who we are and why we make such choices.
- ❖ Let's measure our Self – Esteem (Rosenberg Self-Esteem Scale).
- ❖ On the next page, take a few minutes and complete:

Self, Who Are We

- ❖ Add up points – 15 – high; 13 moderate; 10 and below concentrate on getting better.
- ❖ Low self-esteem can negatively affect virtually every face of your life, including your relationships, your job, and your health.
- ❖ You can take steps to improve your feelings. There must be a conscious effort in order to do so.

Self Esteem cont'd.

- ❖ First step toward improvement is to identify troubling conditions or situations. Examples – poor relationships with someone special; A crisis at work or home; or a life change.
- ❖ Think about how you can change a negative into a positive.
- ❖ Second, Become aware of thoughts and beliefs. Once you have identified these thoughts, pay attention to your thoughts about them.

Self Esteem cont'd

- ❖ Pay attention to the “self talk”, what you tell yourself and your interpretation of what the situation means. Is your thinking about a given situation correct?
- ❖ Third, challenge negative or inaccurate thinking. Ask yourself whether your view is consistent with facts and logic or whether other explanations for the situation might be correct.

Self cont'd

- ❖ Pay attention to thoughts that may hurt self esteem. Stop all or nothing thinking.
- ❖ Stop jumping to negative conclusions.
- ❖ Fourth, Adjust your thoughts and beliefs. Use hopeful statements. Treat yourself with kindness and encouragement. Pessimism can be a self-fulfilling prophecy.
- ❖ Forgive yourself, everyone can make mistakes.

Self cont'd.

- ❖ Focus on the positive. Relabel upsetting thoughts and encourage yourself.
- ❖ Stop comparing yourself to others.
- ❖ Create an uplifting environment for yourself.
- ❖ Celebrate your successes.
- ❖ Spend time with uplifting supportive people.

Self cont'd.

- Let's practice turning negative situations to positives. Think of these situations, tell me how they can be turned into a motive.
- 1. Stand and pants split.
- 2. You are in an intimate relationship and your significant other says something to embarrass you, what can make this a positive situation?

Self cont'd.

- 3. You are ready to present an assignment and learn that one of the pages is missing, what would you do?
- 4. When the interviewer says something negative about your writing, what would you do?

Self cont'd.

- It pays to learn how to not take yourself too seriously so that you can easily stay positive. Emotions are the cause of negative behavior, therefore, we should learn to control it.
- There are a number of small things that can be done to improve self-esteem; Smile, Sing, Learn something new, compliment someone, Take time to do things you enjoy.

Self cont'd.

- Assist others who may be having problems, think about your best qualities.
- In some cases, we may not understand why we behave the way that we do. It may come from past environments. Lets evaluate what we believe. Look at the next page. Complete the What I believe Worksheet. You will have ten(10) minutes.

Self cont'd.

- Once we learn how to pay attention to our thoughts and have begin to understand our belief system, we will know how to correct, examine, and improve our thoughts which will strengthen our self esteem.

Self cont'd

- How we think which controls our body language can be looked upon as a choice. It is up to you to decide and control your thoughts.
- Your choices affects your attitude. The good news is that your attitudes are yours to select.
- Choose to be positive and your actions will follow.

Choices

- ✓ First impressions are powerful.
- ✓ No matter how hard we try, we cannot get away from the fact that image and appearance are important when meeting someone for the first time.
- ✓ Body Language – Your body language, which includes your posture, expressions and your gestures accounts for more than one-half of what other people respond to and make assumptions about.

Actions Do Speak Louder Than Words

- ✓ When we speak of body language, most people think we are talking about from the waist down.
- ✓ Much of what we communicate to others and what they make assumptions about comes from the neck up.
- ✓ A smile is a smile on all continents.
- ✓ No matter where on earth you are, mothers and fathers cradle their babies with the head against the left side of their body, close to the heart.

Body Language cont'd

- ✓ There is two broad categories of body language, open and closed.
- ✓ Open body language exposes the heart, while closed body language defends or protects it.
- ✓ Open signals cooperation, agreement, willingness, enthusiasm and approval. They show trust and say "yes."

Body Language cont'd.

- ✓ Your body doesn't lie. It transmits your thoughts and feelings in a language of its own to the bodies of other people and these bodies understand the language perfectly.
- ✓ Positive gestures reach out to others.
- ✓ Closed Body Language shows defensiveness and defends the heart.
- ✓ These gestures suggest resistance, frustration, anxiety, stubbornness, nervousness and impatience. They say no!

Body Language cont'd.

- ✓ We should be very conscious as to what messages we are giving to others.
- ✓ Exercise – I need one volunteer - Describe these gestures.

Body Language cont'd.

- We must remember that our thoughts signals our body to give messages. What message are you giving? Have you improved your self esteem? Who is in control your negative thoughts or your positive changes?
- We must remember that there is so much that affects our image. But the foundation of our behavior comes from our thought process.

Thoughts

- Therefore, we must first love ourselves in order to love others.
- We are have certain needs that we must develop and maintain in order to positively interact with others and be successful in all areas of life. There are five things that we all want:

Thoughts

- ❑ Unconditional love for our “whole” package with flaws and all.
- ❑ Simple compassion, even when they are not entirely deserved. When are down for any reason, we want compassion from someone.
- ❑ Genuine empathy and true understanding. Someone must understand our problems.

Needs

- ❑ Breaks, luck given to us sometimes.
- ❑ Encouragement to help one continue in life.
- ❑ Closing – Name three things that you learned in this session.

Needs

- We must remember that the mind is the Alpha and the Omega, the beginning and the end.
- We have the choice to develop a positive thinking pattern daily, so why not do so.
- Questions ????

Closing

- Susyn Reeve and Joan Breiner – Self-Esteem Experts
- Dan Coppersmith
- Bill Cottringer
- Dr. Shelia Fobbs

Contributing Authors