

6 Super Easy Steps to Ultimate Self-Esteem... and 4 fun-to-do games for mastering self-confidence

Introduction

- Fundamentals for sustained self-esteem and sustained self-confidence
- 3 Different types of anchors
- Modalities and Meta-Modalities
- Time Line Therapy
- The new NLP approach to Self-Esteem
- 4 powers 4 greatness
- 10-minute life makeover

Different Types of Anchors

- What is an anchor?
- Simple Anchors
- Spatial Anchors
- Sliding Anchors

What is a simple anchor

- An anchor is an association between 2 things
- Pavlov experiment
- Example: Touch your arm and feel confident.
- Four Keys to Anchoring
 - Uniqueness
 - Purity
 - Precision
 - State Intensity

Spatial Anchors

- we use the metaphor of separate physical locations
- Ex: Create a physical space that represents X. Step into this space and vividly recall X.
- You can use as many separate physical locations as you want. (eg: when you're on stage, you can create 6 different anchors for 6 different emotions/experiences you want your audience to be in.

Sliding Anchors

- Use 2 or 3 separate anchors
- Slide our finger from one to another
- From state to state
- From emotion to emotion

Meta-Modalities or Submodalities

- Modalities: sight, hearing, smell, taste, touch
- Sub-modalities are finer distinctions within modalities
- Brightness, size, location are submodalities of the visual modality
- Sound/no sound: auditory submodality

What is a Time Line

- In the Encyclopedia of Systemic NLP and NLP New Coding, Robert Dilts and Judith Delozier defined 'time lines' as follows:
- "Mental and physical times lines have become one of the most commonly used tools of NLP in the areas of therapy, business and personal growth."
- "The manner in which people represent past and future, and how they order events in 'time', will often affects their thoughts, emotions and plans."
- "Clearly, our perception of 'time' influences the way we give meaning to an experience. Most of us have had experiences in which something seems so important at a particular moment; but when we considered it with respect to a larger time frame, wondered: "Why was I so caught up in that?"
- Find more information on the Encyclopedia of Systemic NLP and NLP New Coding by Robert Dilts and Judith Delozier at nlpu.com

What is a Time Line

- You can change for the better by using the power of time lines
- To see a demonstration, go to my multi-media course to the section " "4 - The 10-Minute Total Life Makeover" or click [here](#)

Meat of the course

- The fundamentals are covered
- 3 exercises to create sustainable self-confidence and self-esteem

- The new NLP approach to Self-Esteem
- 4 powers 4 greatness
- 10-minute life makeover

The new NLP approach to Self-Esteem

- The fundamentals are covered

Four Powers For Greatness

- 4 core powers
- Private and Public Powers
- 1. The first private power is your power to think. That's your private power to conceptualize, believe, understand, reason and represent things.
- 2. The second private power is your power to feel. That's your private power to sense, experience, perceive and become aware of things.

Four Powers For Greatness

- Public Powers
- 1. Your first public power is your power to speak. That's your private power to use language and symbols, your power to affirm and use words that change minds.
- 2. Your second public power is your power to act. That's your private power to behave, react, respond, work and move.

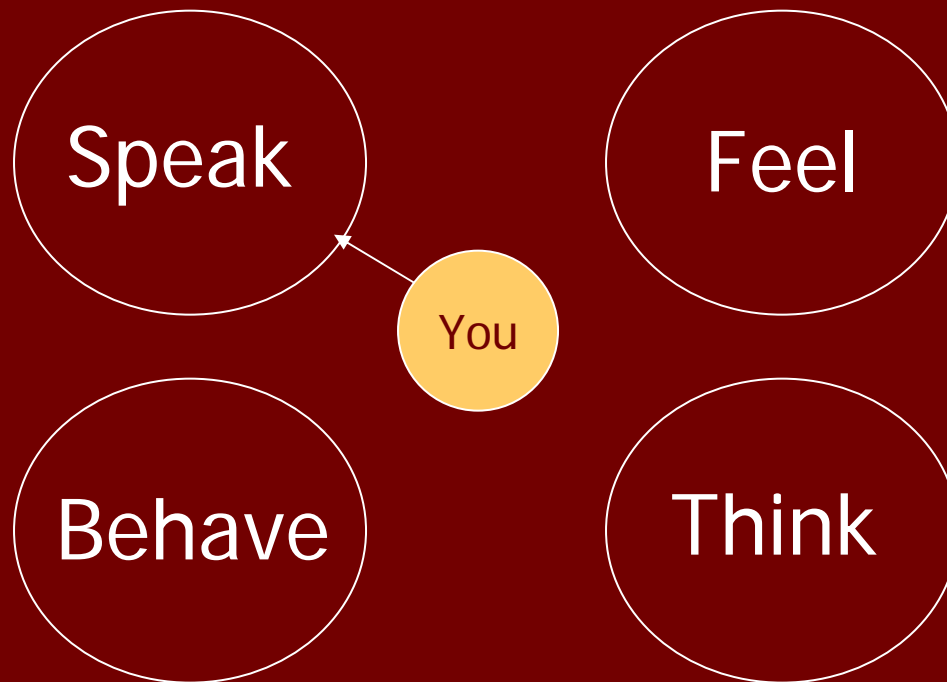
Four Powers For Greatness

- Empowering yourself is being able to think clearly, with a sense of purpose, to be able to manage your emotions effectively, to be able to speak on your feet and say what you really mean and finally, empowerment means to take action to realize your dreams to fulfill your destiny that you think you can have, so that you can feel unique and tell the whole world that it's possible to design and live an extraordinary life.

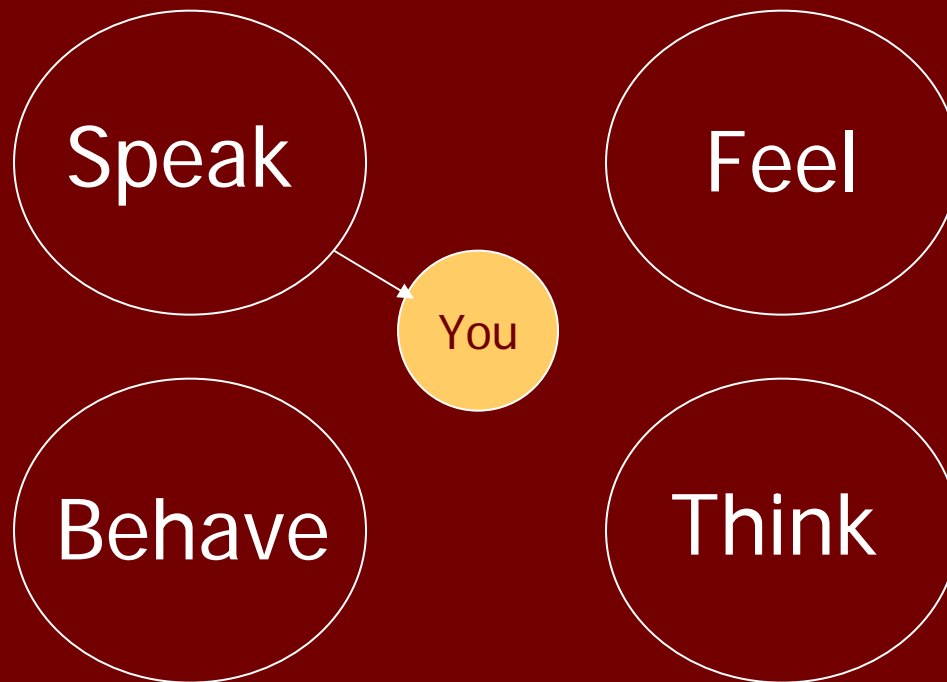
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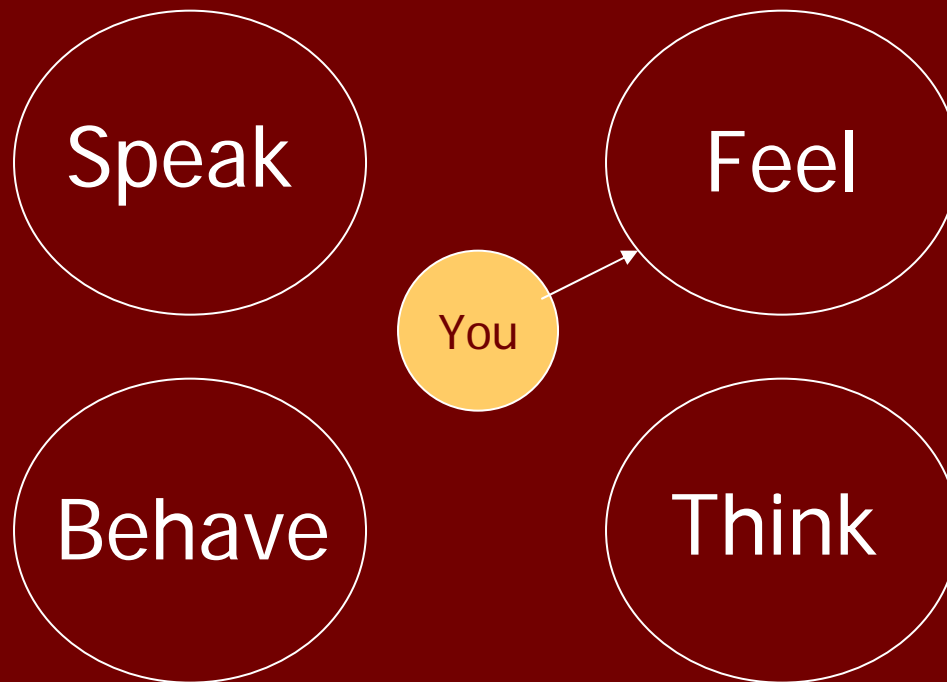
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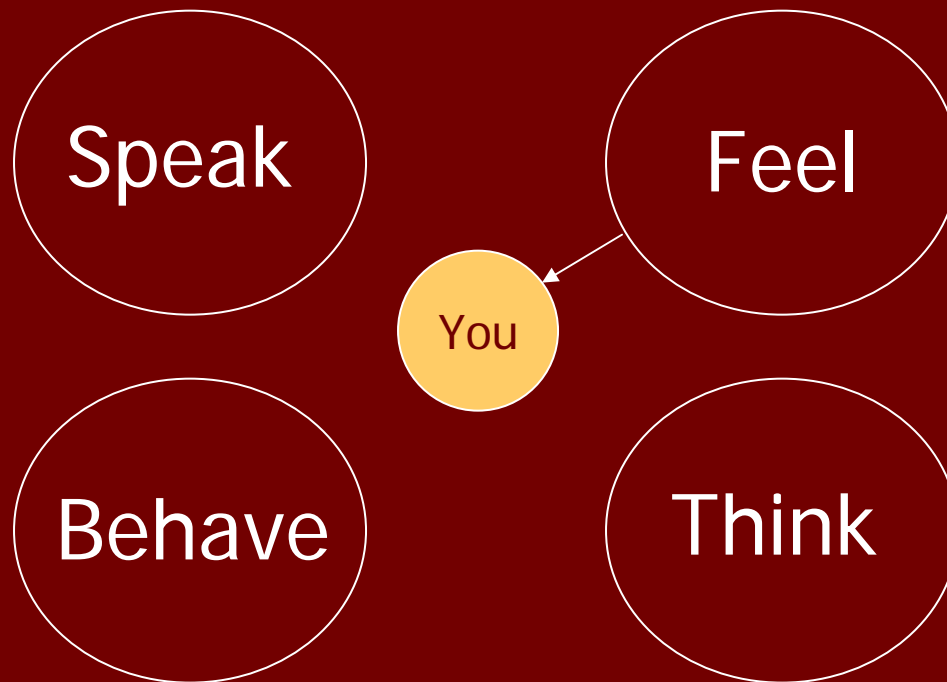
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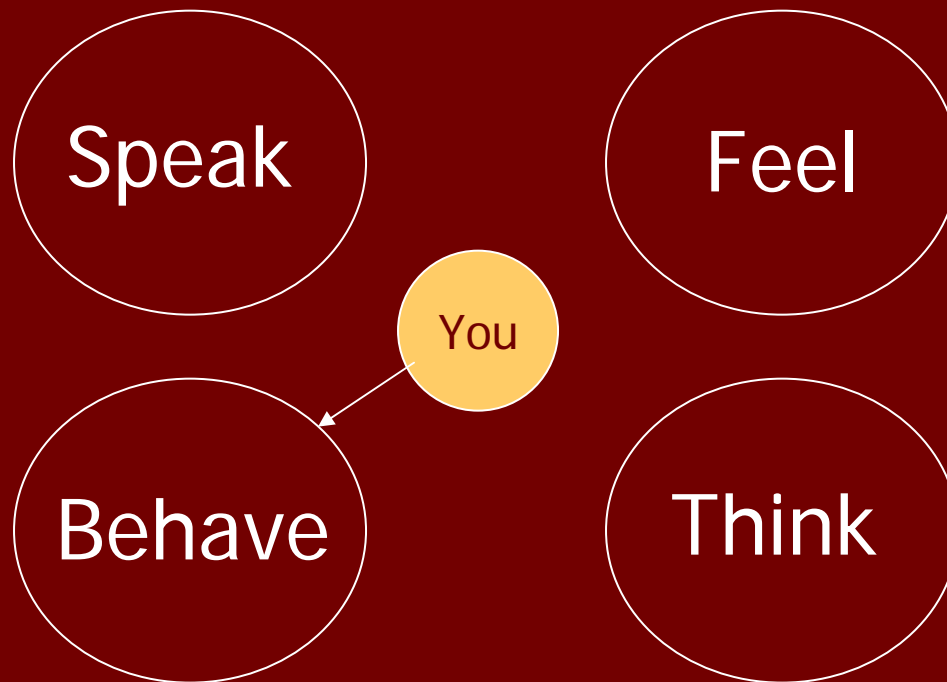
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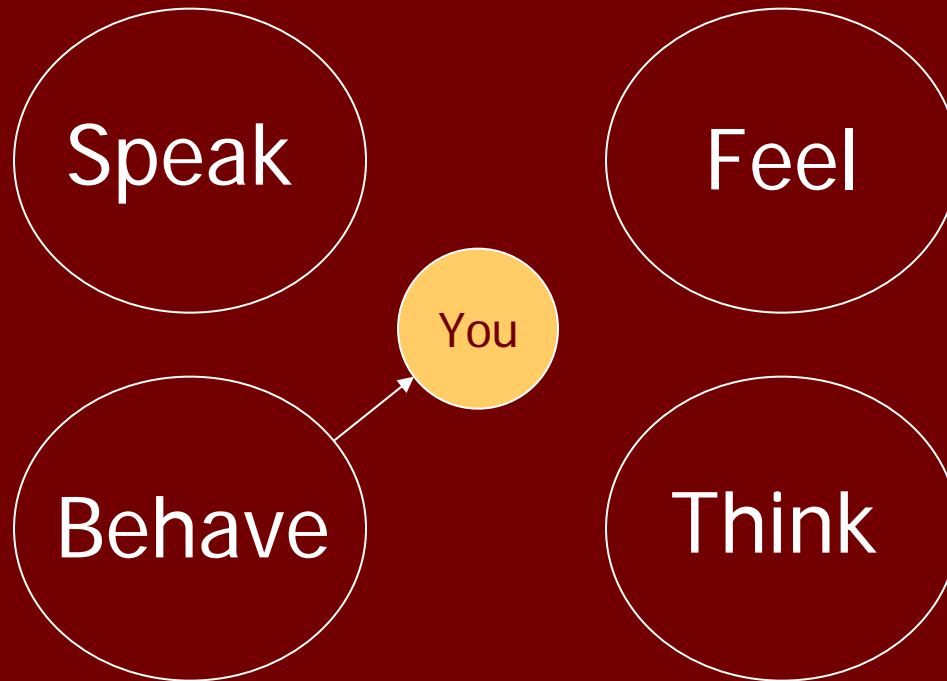
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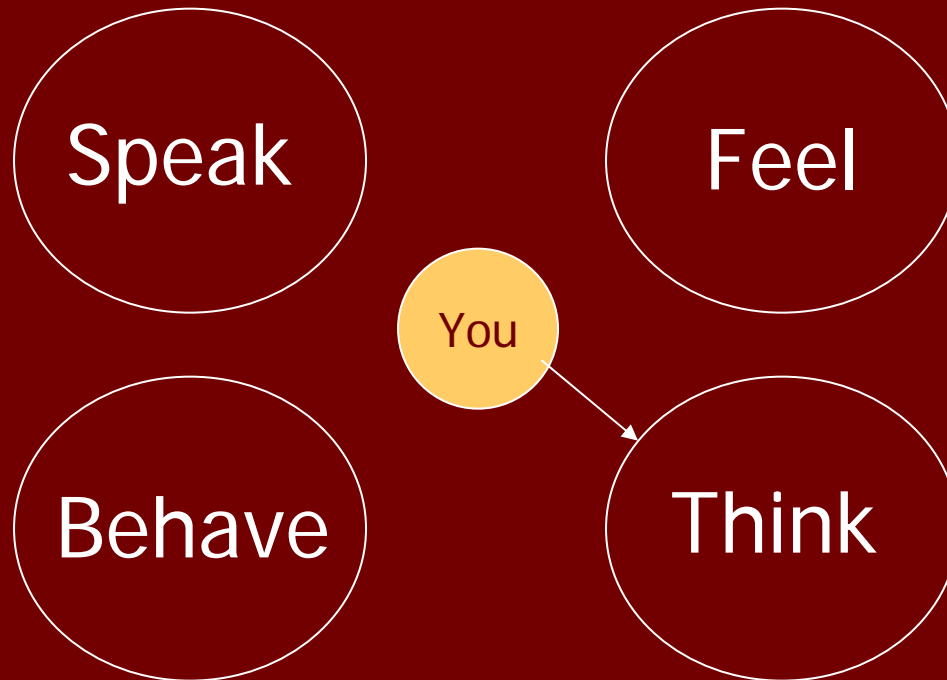
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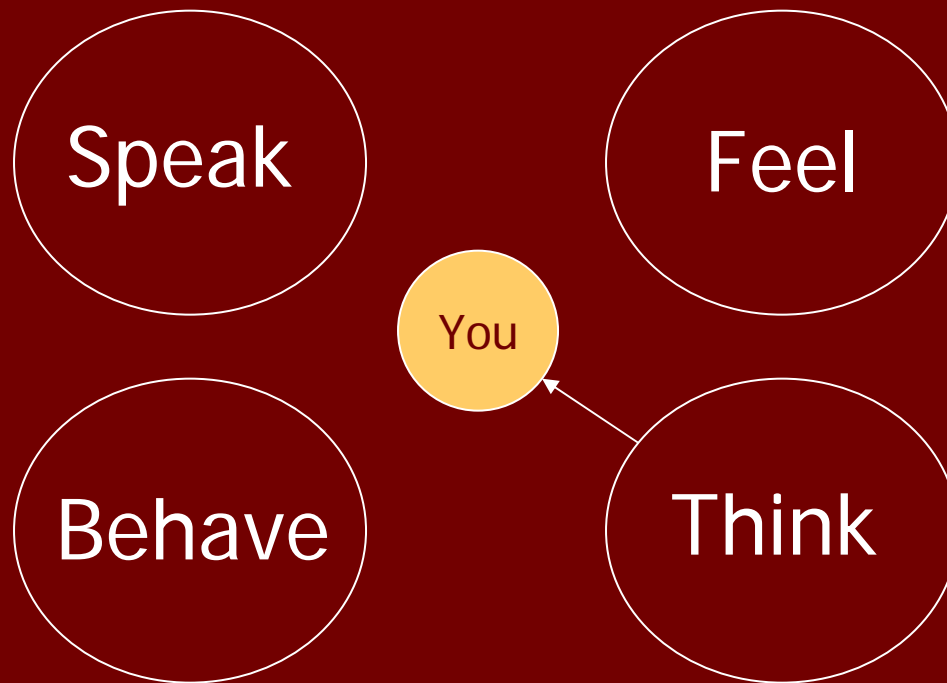
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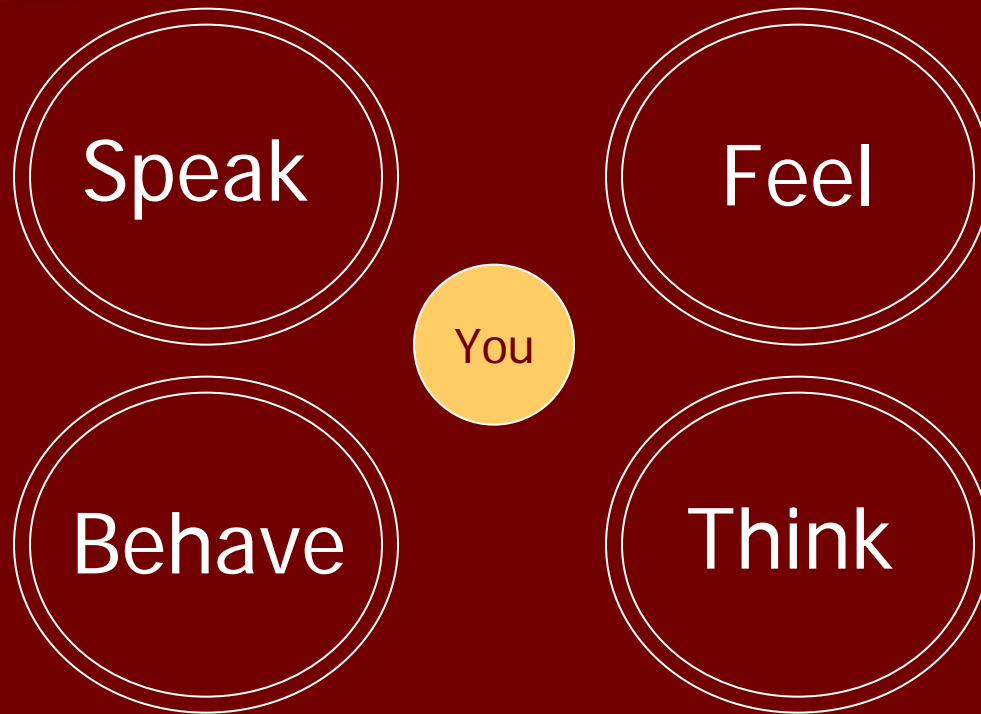
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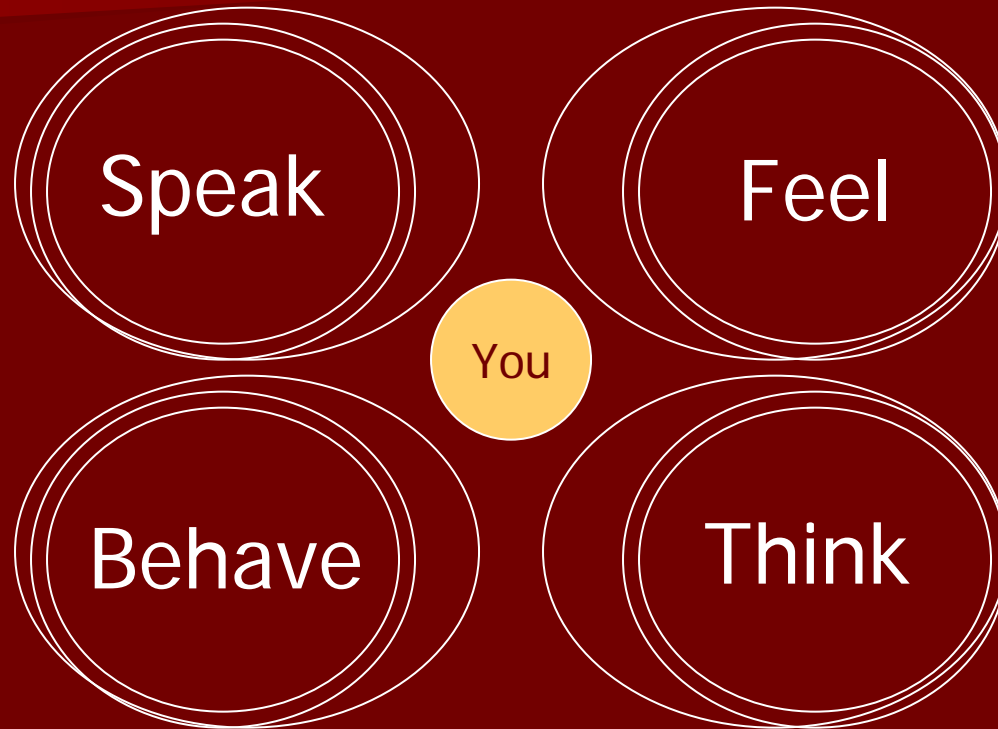
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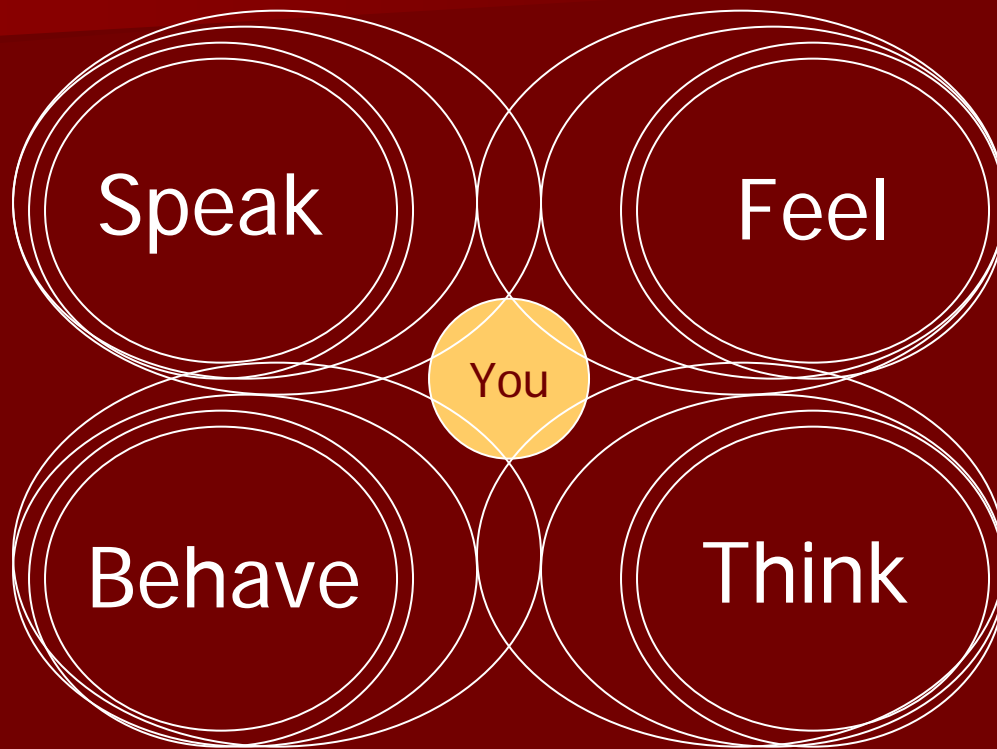
Amplify Your Power Zone



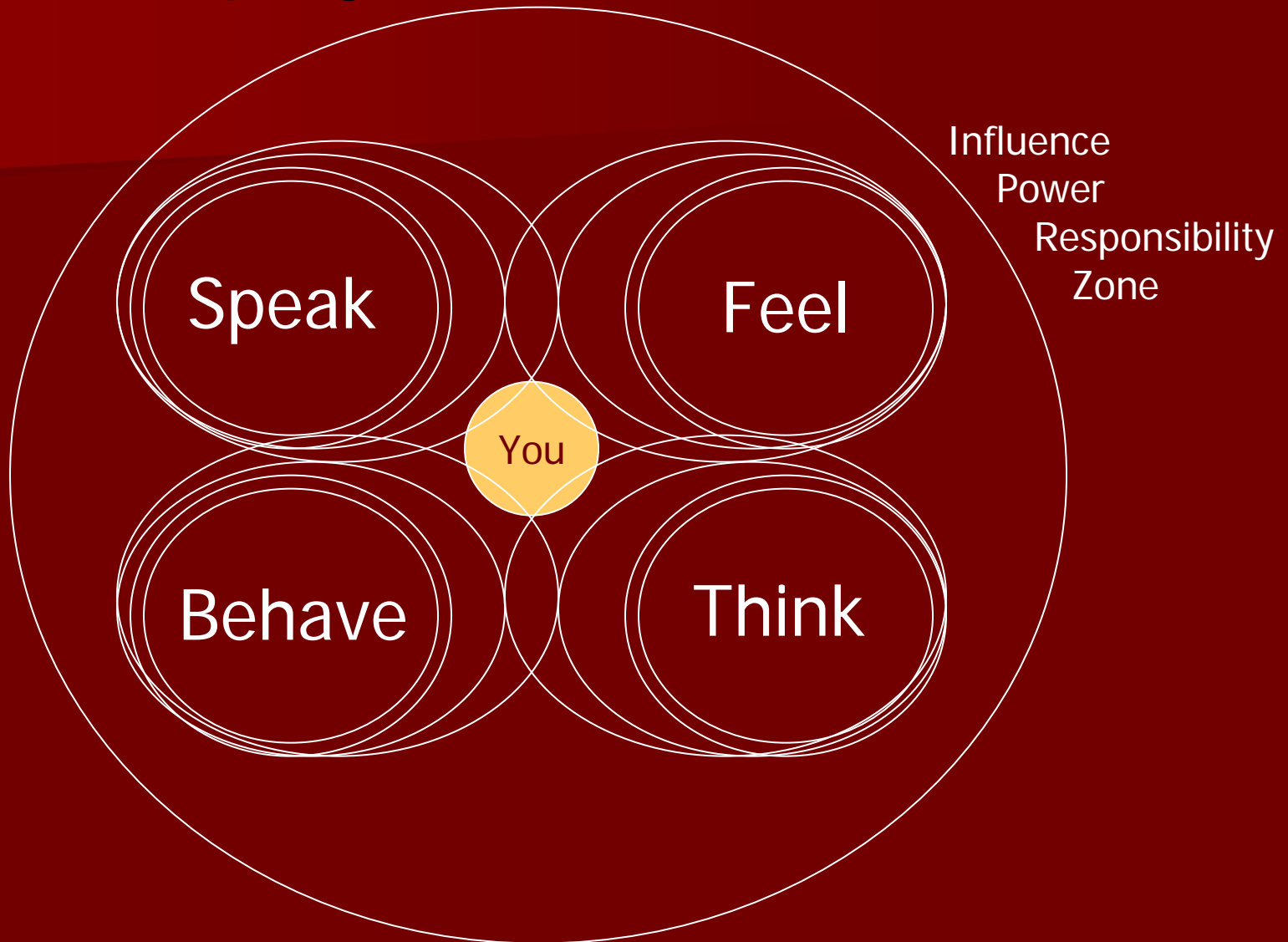
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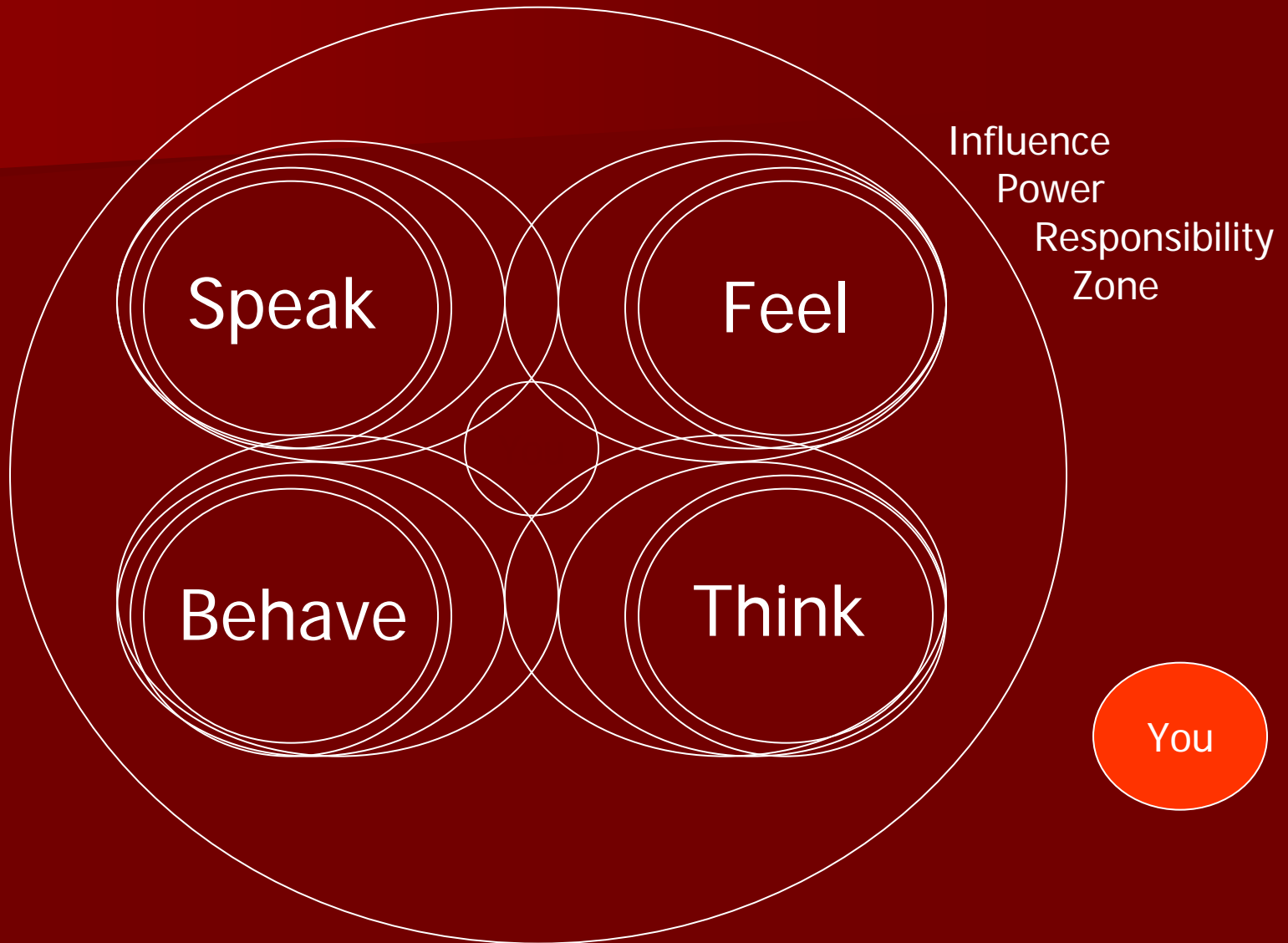
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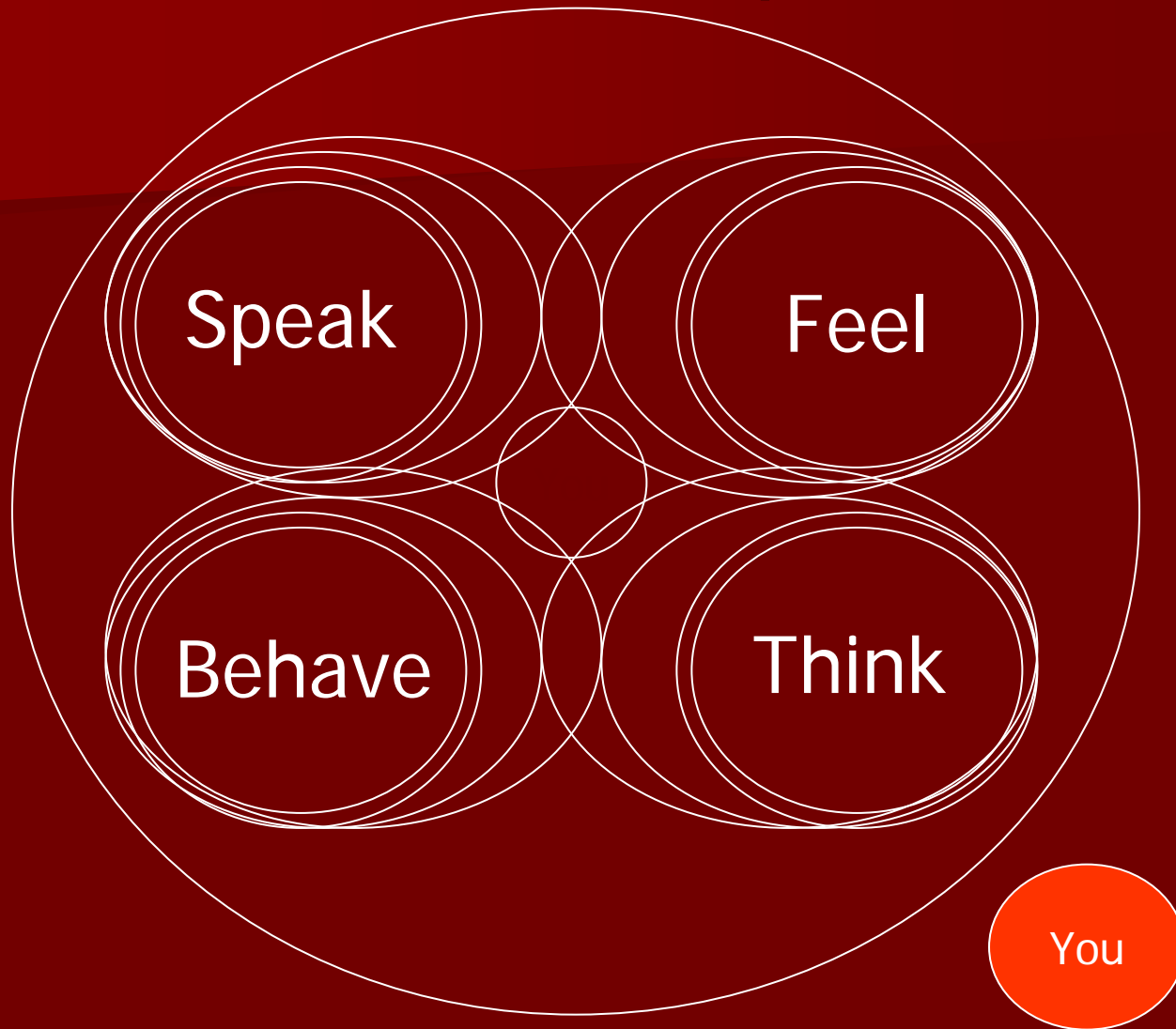
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Four Powers For Greatness



Take Ownership to The Next Level



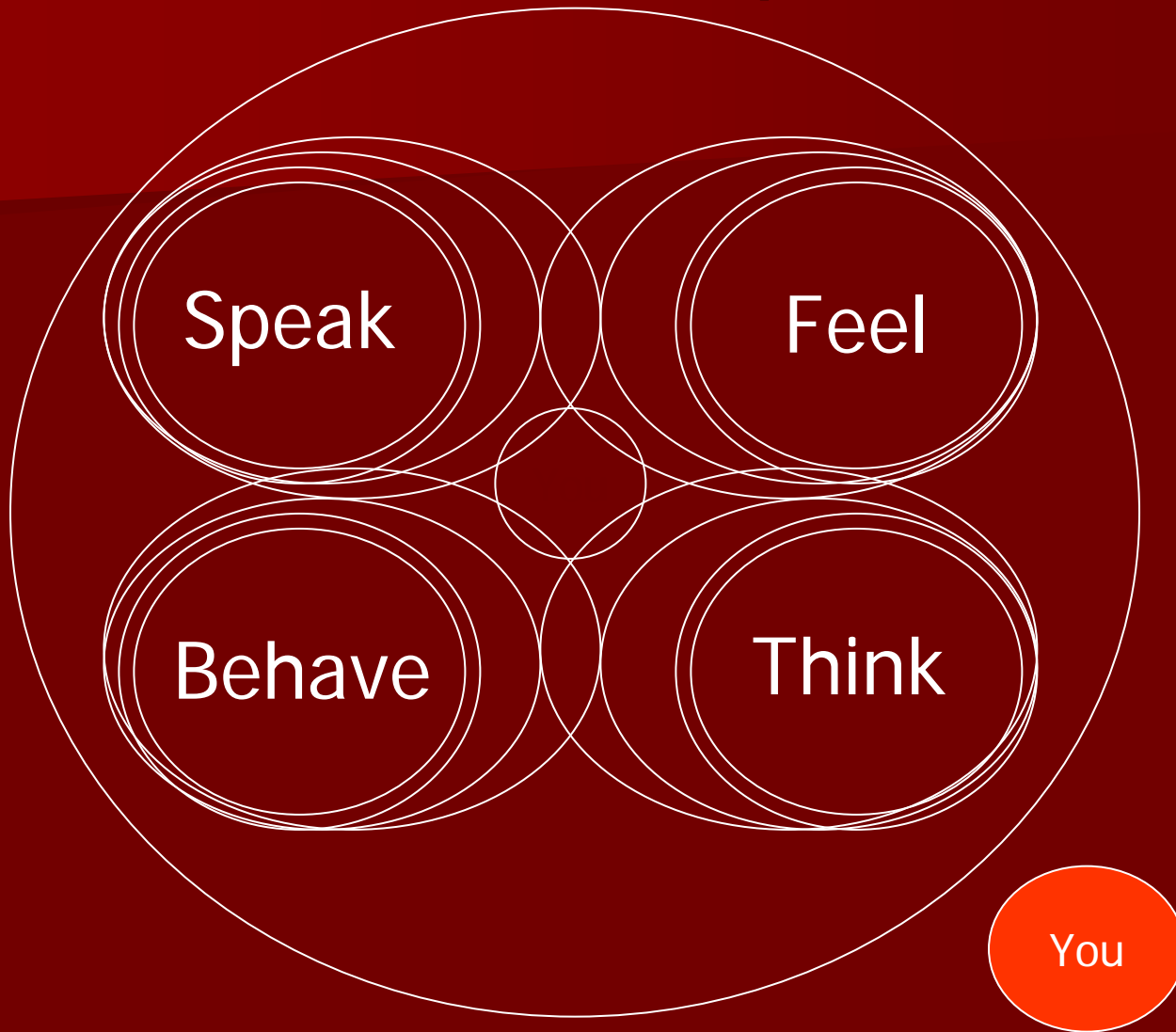
1. Think about a time, maybe during your childhood, when you said "It's mine" Something simple: it's my cat, my doll, my pen, my hand...

Think about that moment and relive it until you fully remember all the details: pictures, sounds, feelings.

Amplify the "It's mine" state

You

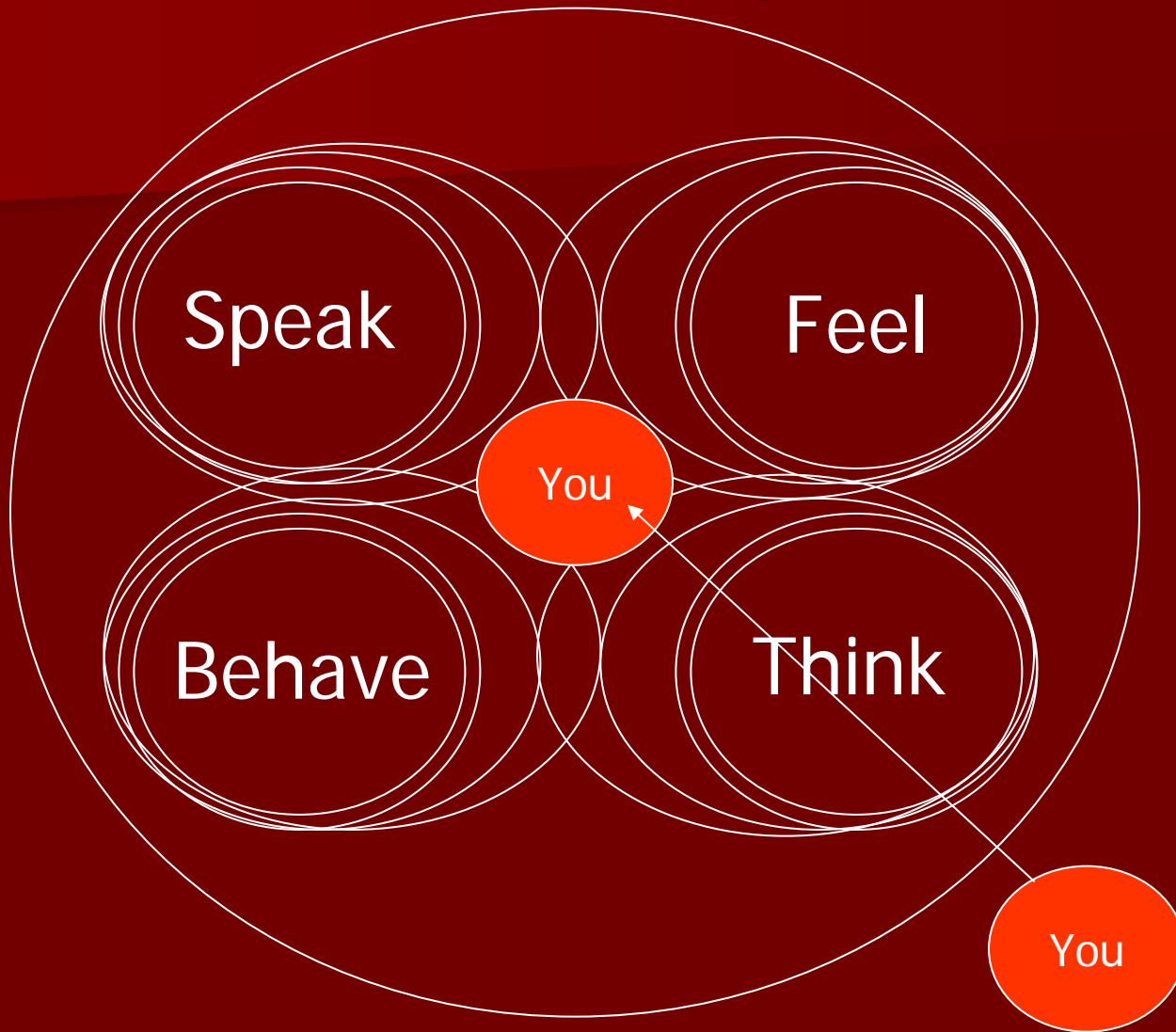
Take Ownership to The Next Level



2. Think about a time and access a feeling of acceptance and appreciation of something that is yours. Feel that feeling of acceptance and appreciation about what is yours. A warm feeling of “this is my daughter”.

Amplify that feeling of acceptance and appreciation about what is yours

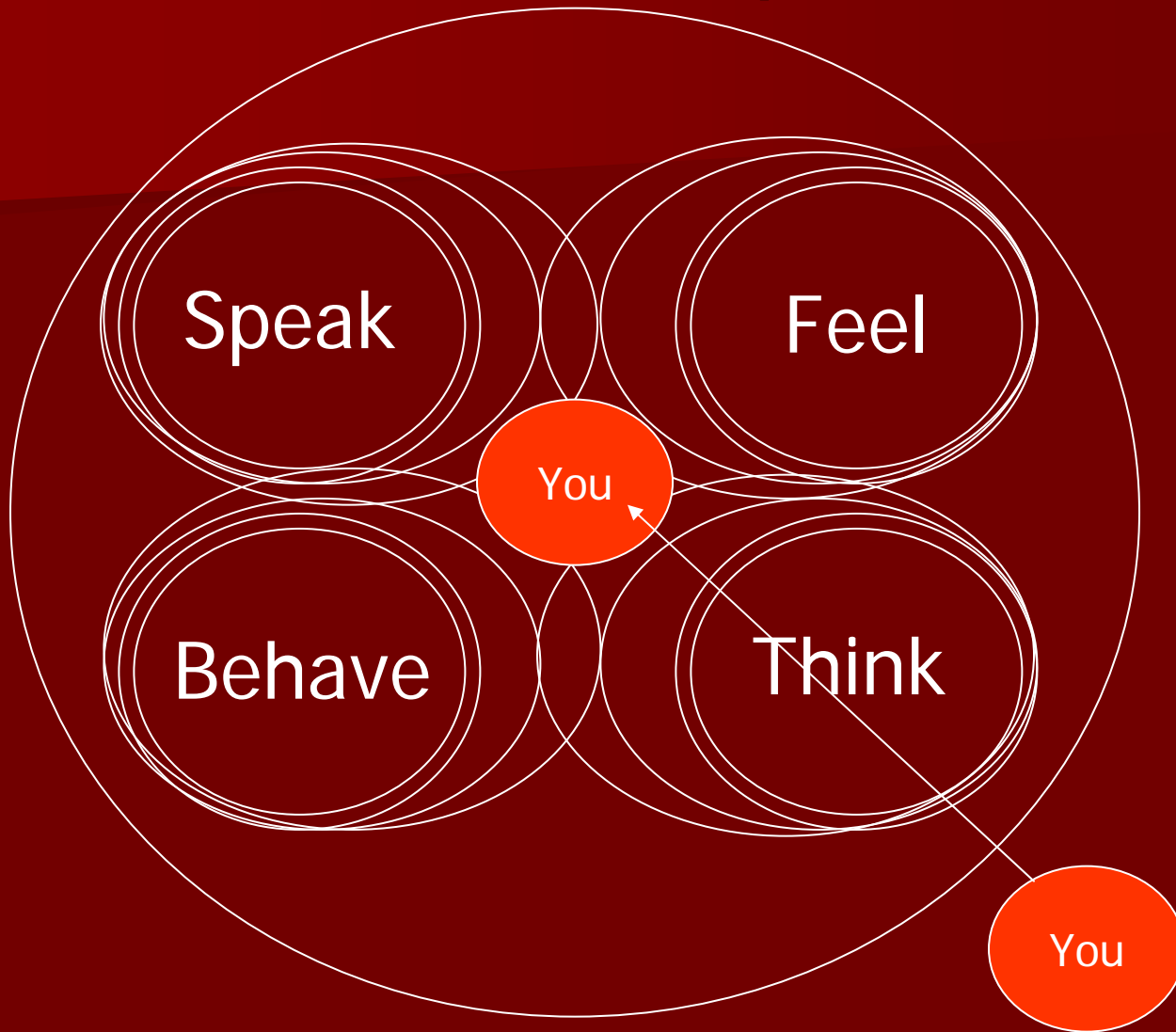
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3. Amplify that feeling and state of ownership, acceptance. To amplify a feeling, think about all the pictures associated and the sounds. Bring these pictures closer to you.

When you're ready, with this feeling, step into the center of your circle of influence, into your power zone and feel the deep feeling of appreciation for your 4 powers.

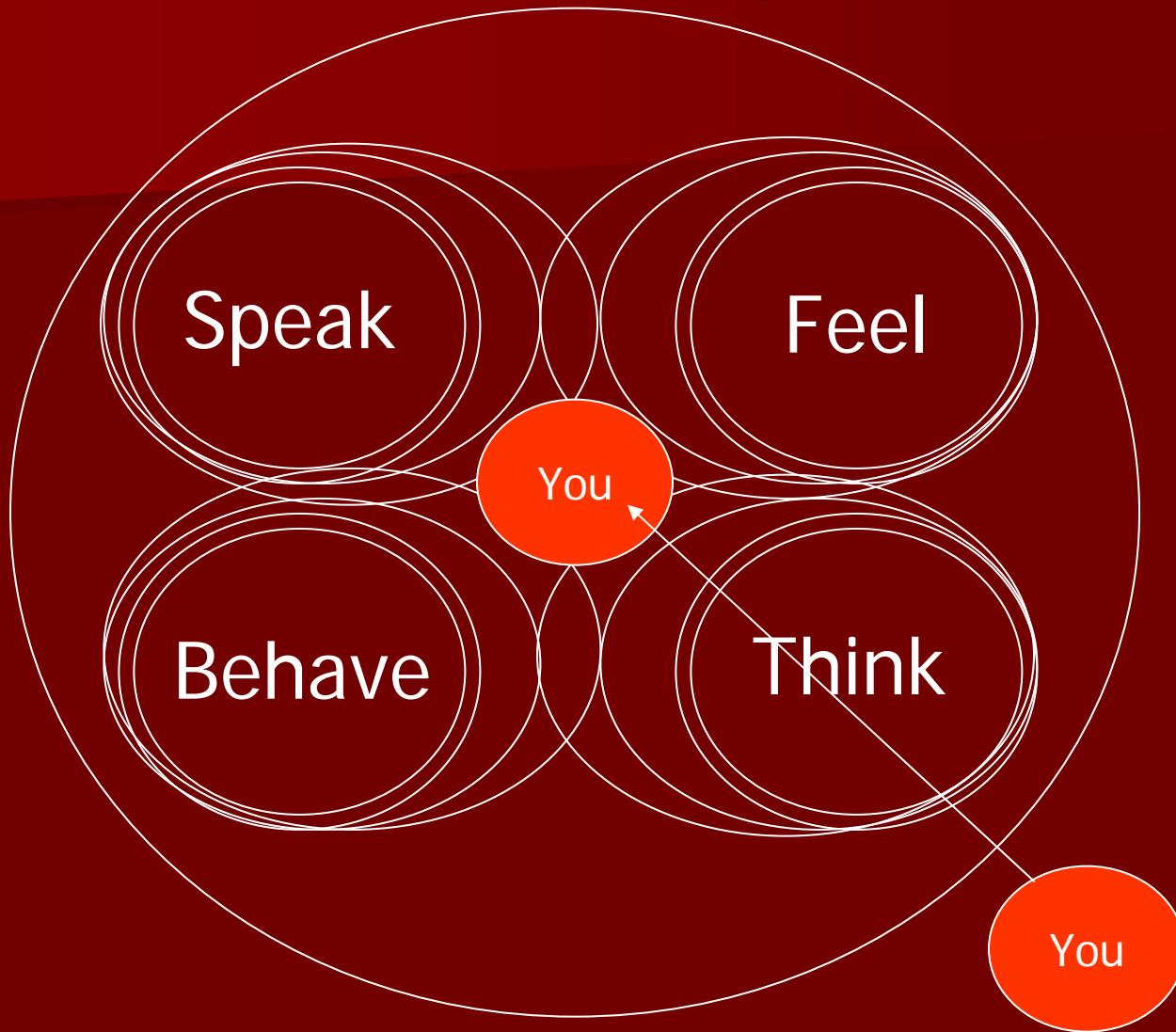
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4. Amplify that feeling and state of ownership, acceptance and appreciation of your 4 powers.

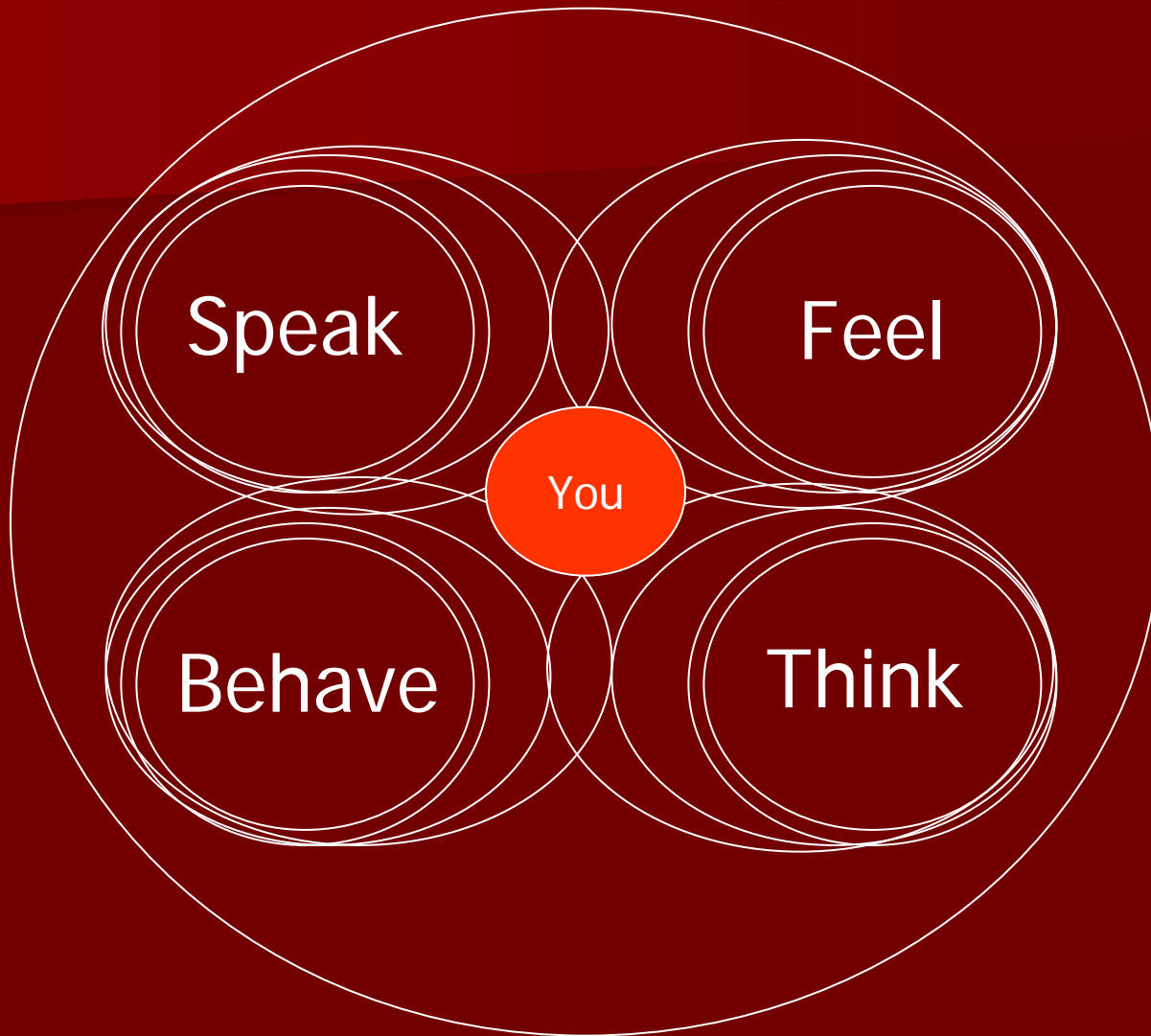
Think about words that describe this deep feeling of ownership of your 4 powers, like: This is my power zone, my circle of influence. I'm totally responsible of my actions/reactions, mentally, emotionally and linguistically.

Take Ownership to The Next Level



5. Think about a symbol that represents that feeling and state of ownership, acceptance and appreciation of your 4 powers.

Take Ownership to The Next Level



6. Imagine yourself tomorrow and the days after with this new power, this new feeling about your powers.

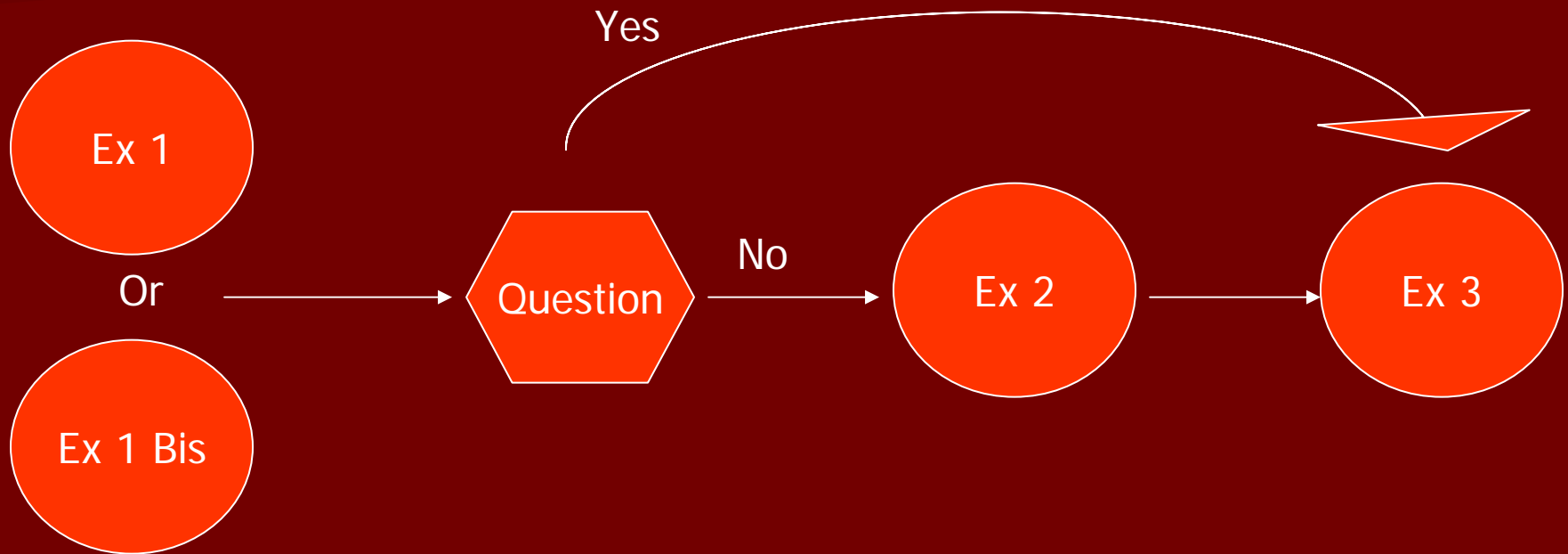
How do your perceptions change about these future experiences.

Think about specific experiences where you need that new "frame of mind" How does it help you?

10-minute total life makeover

- The 10TLM is quite easy to understand (needs a little attention)
- The 10TLM is easy-and-fun to apply
- The 10TLM is super-ultra-deadly impactful (if you don't want to change, don't do it)

The 10TLM Process



The 10TLM Basics

- The 10TLM is based on the magic of NLP about representations
- We create a representation (map) of the world through our 5 senses
- We create a movie and we're the producers
- We can edit the movie in our mind and plain with our brain

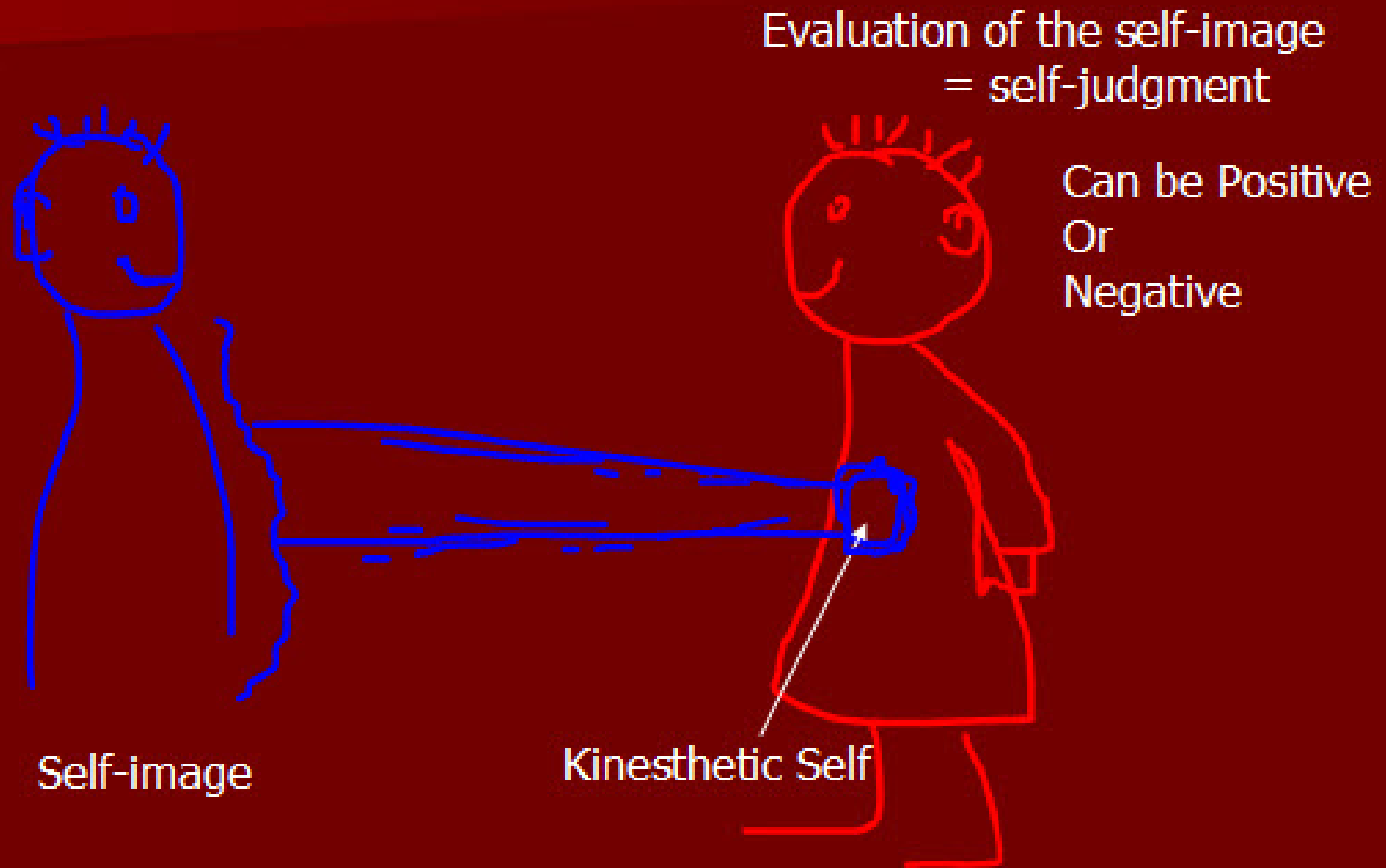
The 10TLM Basics

- Often times, representations are unconscious.
- To be mad about something that happened 10 years ago, you have a representation (unconscious or not) of it and you added a judgment on this representation, you attached a meaning to it.
- Now, whenever you're reminded of that experience, the movie and the meaning associated pops unconsciously in your mind and you get the reaction/behavior associated (anger)

The 10TLM Basics

- The 10TLM fundamentals are the 3 following unconscious characteristics: the kinesthetic self, the self-image and the self-judgment of this self-image.
- Unconscious until you're reminded of them, that's the purpose of this exercise.
- We'll look for those representations and we'll play with them (movie) to increase the level of your self-esteem.

The 10TLM Basics



Definitions

- Kinesthetic Self and self-image
- Your kinesthetic self can be found by asking yourself the following questions: Can you focus your attention on yourself, your "I"?
- Say out loud or in silence the word "I" "me" or "myself"
- What do you feel? Where do you feel it?
- What do you see? Where do you see it?
- What do you hear? Where do you hear it?

Definitions

- It may not be easy to put this into words, do you best. Often times, your body language will give you an indication as you do this exercise. Your hands might give you the exact location
- The picture that you see of yourself can represent your self-image.
- Usually the kinesthetic self is situated in our stomach, it's a feeling, a sensation of "me"
- Our self-image is an image that we picture of yourself, in front of you or inside you.

Definitions

- Then, we make judgment of these self-image and k. self.
- You've heard people say (or said yourself)
- "I've lost myself" This is a typical loss of the kinesthetic self
- "I'm sick of myself" This is a negative self-judgment
- "I feel strange" means there's something wrong with the sensations of self.

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Definitions

- The self-image is that picture you see in front of you or inside you when you asked yourself the question: Can I focus your attention on yourself, your "I"?
- At any given moment, there is a self-image that defines the awareness of self. It may be hard for certain people to see their self-image because it's sometimes negative and a part of you decided not to make it aware. In that case, you'll do Exercise 2 of the 10TLM.

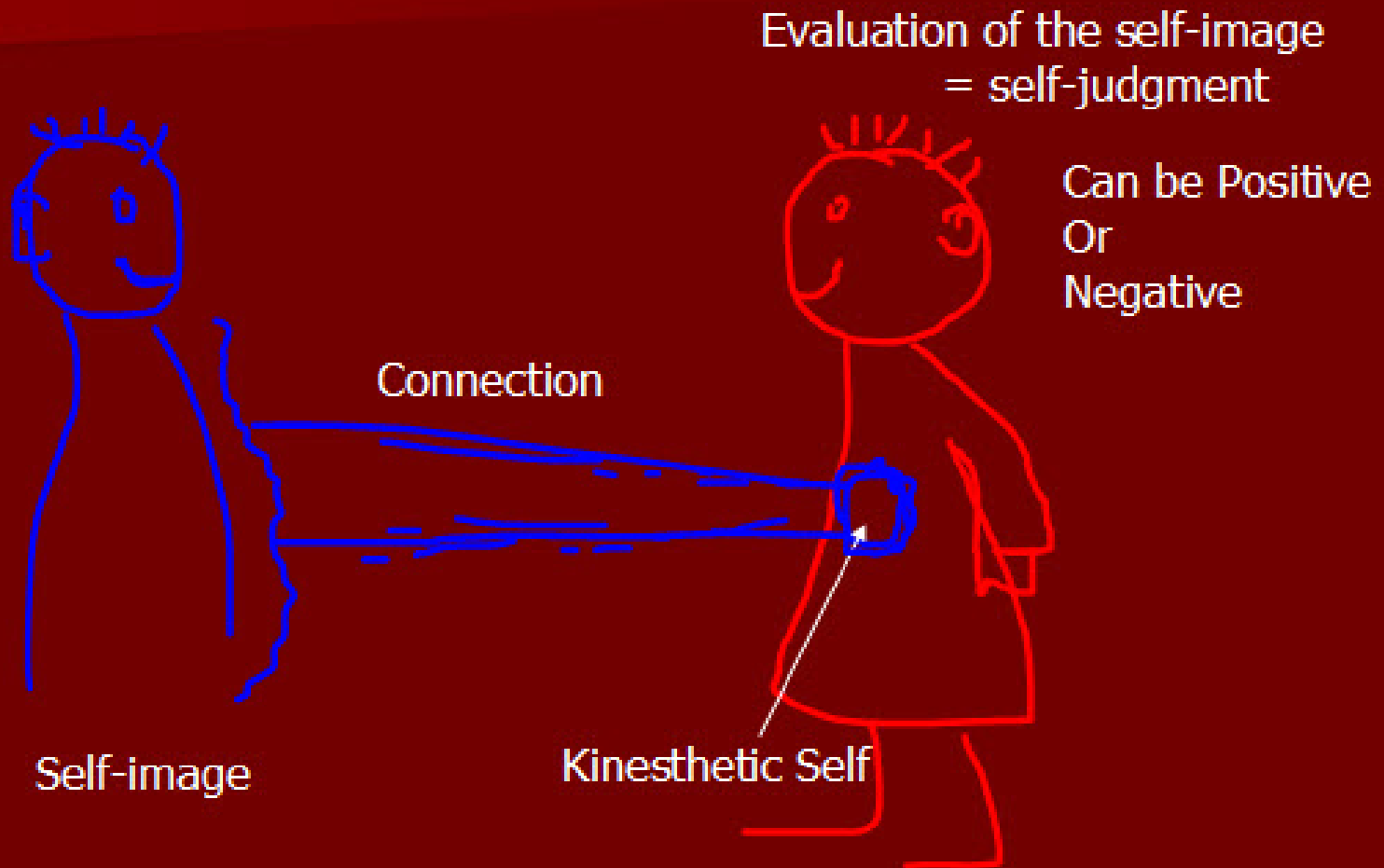
Definitions

- If you really can't see an image, just pretend, make as if you can see your self-image. Then ask: "Where do you see it? And if you could see it, how big would it be?"
- Just relax and wait for the self-image to appear.

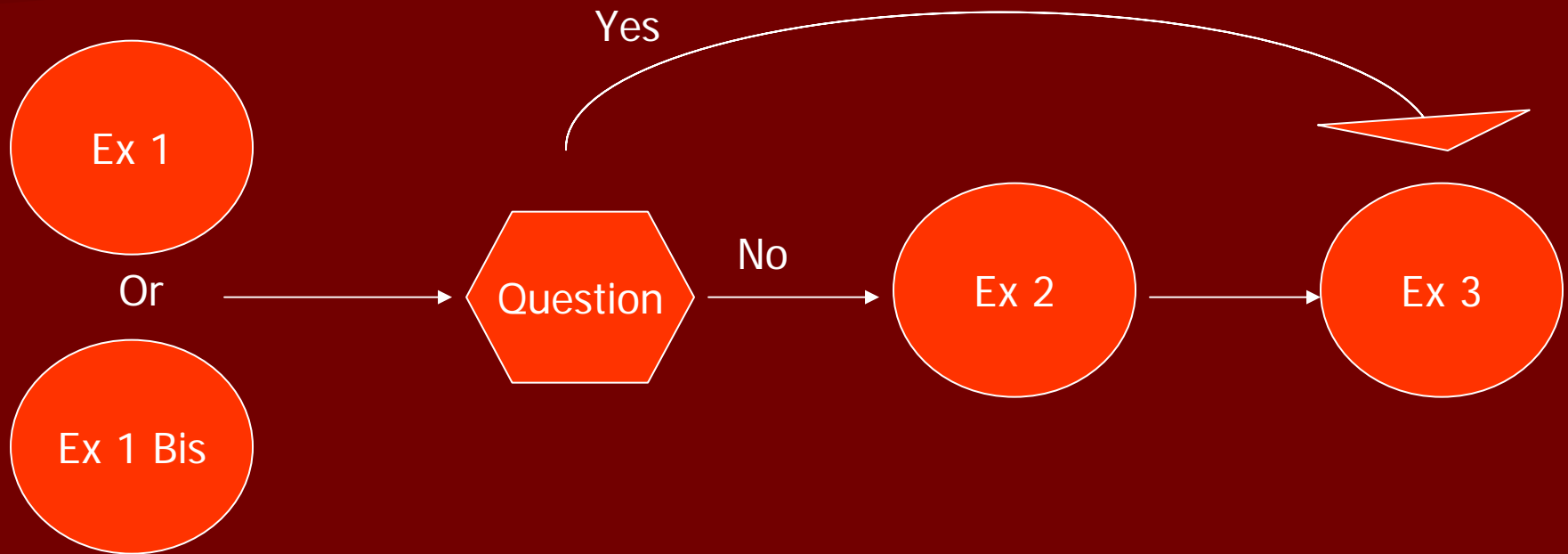
Definitions

- Now, self-images are located in the space in front of you and are always connected to the k. self. Ask: "Imagine that there is a connection line between the image and self... can you see this connection? How far is the image? Does the connection join the image.

The 10TLM Basics



The 10TLM Process



The 10TLM Process



Ex 1

Or



Ex 1 Bis

If you want more self-esteem in general, do exercise 1

If you want more self-esteem in a specific context, let's say you're confident at work and not with your family or vice versa, do exercise 1bis

Exercise 1

- Take your time, sit down in a comfortable chair and imagine that you're watching a movie in the screen in front of you. The movie you're watching is the movie of your life like a film of your autobiography.
- And as you're comfortably watching the film of your life, ask yourself, 'Who have I always been, who am I now, and who shall I always be?'
- Comfortably wait until a word or picture about YOU comes out of your mind. Accept any word or picture, and trust that it is the right one. If you get a word, look for a picture. If you have a picture, try and find a word. A word like "generosity", a picture like you helping someone.

Exercise 1

- Now, it's time to describe the picture. Remember, you're watching the movie of your life and a picture just popped out of your mind. If you focus on this image now, where do you see it? How big is it? How far? We're looking for the characteristics of the picture. Very important.
- The picture represents your self-image. Now you always associate this image with a feeling, that we'll call your self-feeling, which is the result of a judgment over the self-image (do you like the self-image or not?). On a scale of one to 10, one being the lowest, how much do you rate this self-feeling.
- Now, let's edit the picture and let's change this self-feeling at the same time so it becomes a 10.

Exercise 1

- Enlarge the self-image. Make sure the eyes of the image are just above eye level and that it is in the middle and at the front. Bring it closer to about 10-12 feet away
- Make the connection between the self-image and YOU stronger (like a thick sunbeam) Make it clearer and lighter.
- You just adjusted your self-image by editing the picture and made the connection stronger to strengthen your self-feeling.
- Check the strength of the feeling, on a scale of 1 to 10.
- If this gives an unpleasant feeling then the evaluation of the self-image is probably negative. If this happens use Ex. 2

Exercise 1

- Optimize: optimize the size and location for the self-image, make the connection stronger or lighter and rate the self-feeling again. Repeat until you obtain a 10.

Exercise 1bis

- Choose a context in which you wish you had more self-esteem (e.g. work).
- Imagine a specific situation in that context where you wish you had more self-esteem.
- Imagine you are back in the middle of that context, now. Describe what you see, what you hear and how you feel or sense.
- Who do you feel you are in this situation? Concentrate on this feeling of self.
- Now, concentrate again. There is an image of yourself connected with this feeling.

Exercise 1bis

- Look at this image of yourself that is connected (line, energy link, cord...) with the feeling of yourself in that context.
- If you focus on this image right now, where do you see it? How big is it? How far? We're looking for the characteristics of the picture. Very important.

Exercise 1bis

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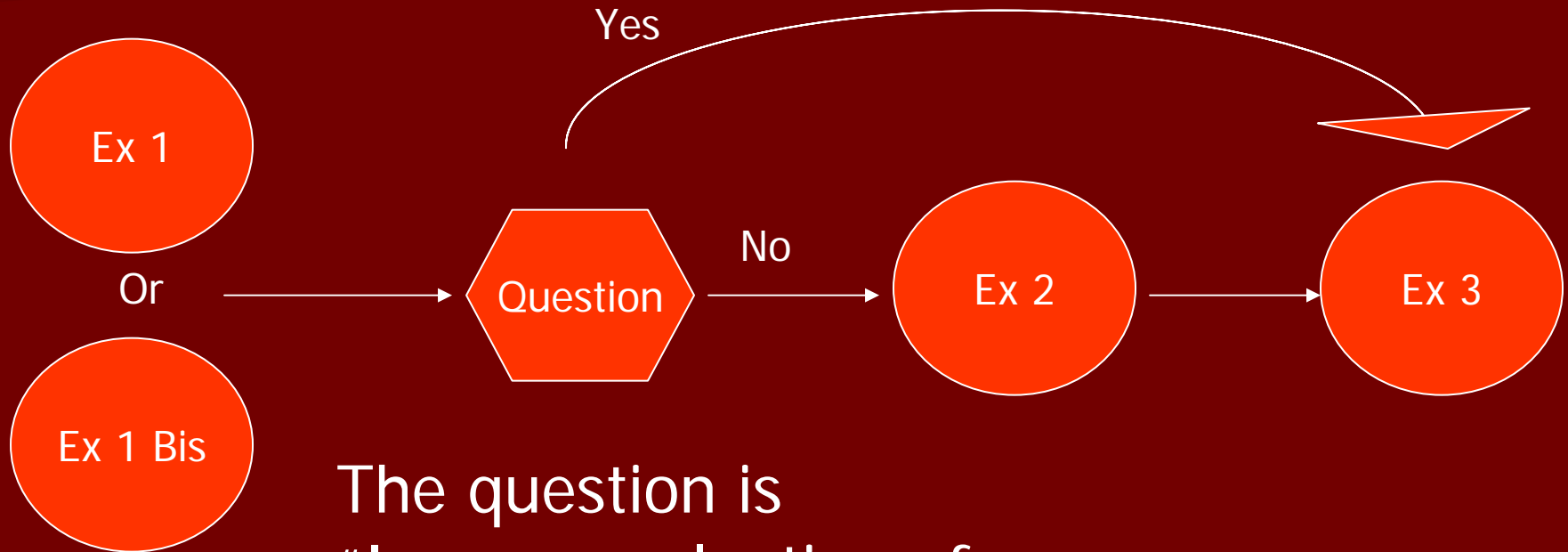
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The 10TLM Process



The question is
"Is your evaluation of
the self-image positive?"

Exercise 2

- Do this exercise if the evaluation of the self-image is negative.
- 2 Assumptions
 - Every self-image is construction made by you (your subconscious mind) about you.
 - A negative self-image is as imaginary as a positive one, so you can exchange a negative image for a positive one.

Exercise 2

- Think of someone you love and respect. (spouse, close friend, mentor, coach, star)
- Intensify and amplify the feeling by visualizing the person close to you.
- Lets' do a little trick that your mind can do very easily.
- Feel the feeling of love and respect and change the image of the other person into an image of yourself so you end up looking at yourself with those feelings.
- When you feel a positive feeling of love and respect about yourself, hold on to it for at least five minutes.
- During these 5 minutes, amplify the feeling by make this feeling brighter, bigger.
- Notice where you feel this positive feeling and let it expand throughout your whole body.

Exercise 3

- Now that you have this positive feeling of yourself, let it fill your entire body until you can rate it 9 or 10.
- Take a moment, relax and enjoy the feeling of loving and respecting yourself totally and completely.
- Now, see yourself as a toddler in front of you.
- Now, talk to the toddler and teach him to feel and keep this dear feeling of the positive self-image.
- Ask the toddler: will you keep this dear feeling and teach it to your older you? Wait for a positive answer. You can have a metaphor of the feeling like a sunbeam that the toddler will give to his older him, that is you.
- Imagine the toddler in front of you giving you this dear feeling of positive self-esteem. Thank him for this gift and as you do it, let this feeling grow in you.

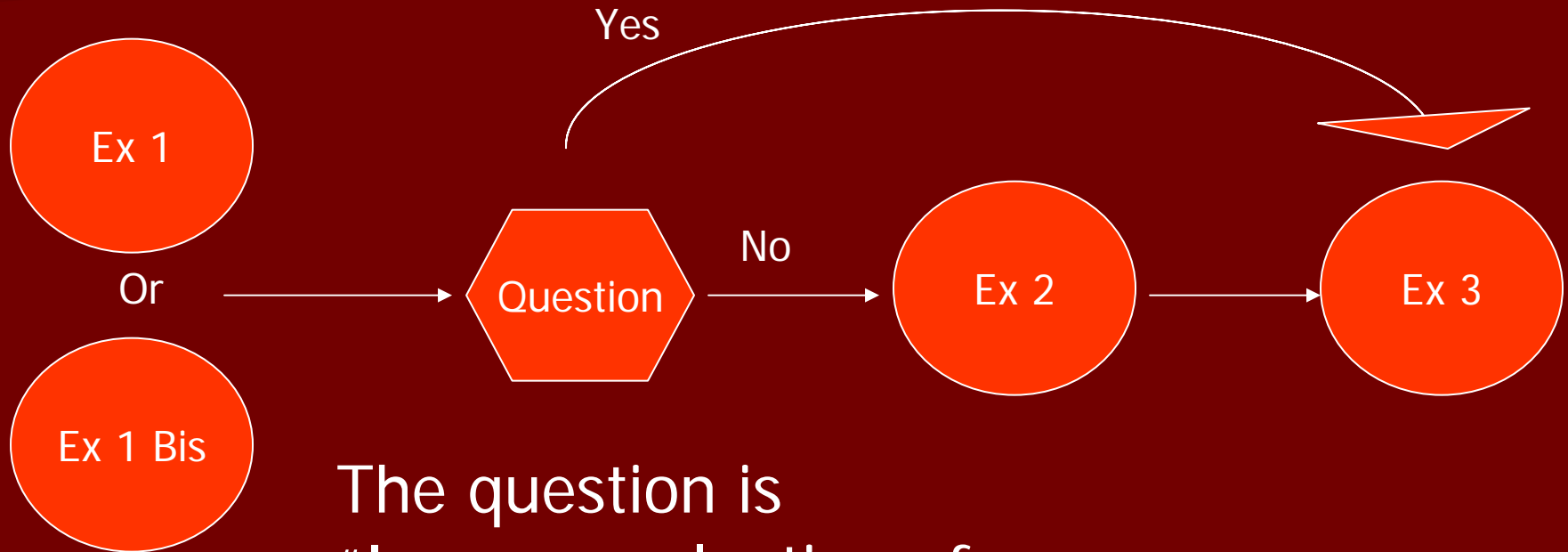
Exercise 3

- Now, with this dear and sacred feeling, watch again the movie of your life, as in Ex 1, but instead of watching it in front of you, do this little trick
- Rewind the movie until you reach the beginning of your life.
- When you're ready and with that dear, holy and sacred feeling of self-esteem, step into the movie, like you would jump into the screen and relive your life with new eyes, a new connection and a new, dear and sacred feeling of love and respect for yourself.
- As you're re-living your new life, see how it changes with now, see how you see things differently.
- And when you relive all this until the present, notice how good you feel.
- Imagine future situations with your new feeling and see how it will change them.
- Do you like it? Would you recommend that feeling to someone else?

Final words

- Even if you didn't have negative feelings about your self-image after ex1, I invite you to do Ex 2 nonetheless.
- This ex 2 has a powerful impact on people

The 10TLM Process



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bibliography

- Movie Mind by L Michael Hall
- Social Panoramas by Lucas Derks
- Roots of Neuro-linguistic Programming by Robert Dilts