

LEADERSHIP AND SELF-IMAGE

Here are seven vital points that can help us create and maintain a new, strong and viable self-image.

THE ACCEPTANCE OF CHANGE

1

The decision to change anything is based principally on the self-assurance that we can change. Physically we may change every moment of every hour of every day, throughout our entire life. Psychologically we may change in response to circumstances, experience and input of information. Therefore, we can decide to change the directional force of our lives.

PUT MISTAKES IN THEIR PROPER PERSPECTIVE

2

Consider any mistakes or failures in their proper perspective. Refuse to pass judgment on yourself because of the mistakes you may have made in the past. No matter what our present age, occupation or experience may be, we will naturally make some mistakes. It's nothing to be ashamed of; it's simply a part of the normal learning process. Hopefully, we'll continue to learn and to rectify errors for the rest of our lives. The real damage in mistakes of action or judgment occurs not in the mistake itself, nor in our admission of it, but in the fact that all too often we are burdened by a guilty feeling because of it. We should refuse to give new life to old mistakes.

If, in spite of our best efforts, we should fail in some particular undertaking, it is quite natural not to be proud of it. Yet, such a temporary set-back should leave our self-image unaffected and unimpaired. A strong self-image should never be dependent upon one particular success or failure. If we judge ourselves by standards and conditions over which we have no control, we will inevitably find our self-image in jeopardy.

DEVELOP CONFIDENCE

3

Every person alive can increase his or her personal confidence by deliberate determination to improve their self-image. This can be accomplished by repeated affirmations of our ability and worth as a person, until confidence in self becomes firmly implanted in our subconscious. It then becomes an integral part of the self-image.

Of course, there are degrees of self-belief; the same intensity is not common to all of us. However, as there is an active mind in all normal human beings, so are the roots of self-confidence found there.

4

REJECT BLIND CONFORMITY

Conformity is replica, adherence to a common theme, design or idea. If the self-image we are now building is to reflect a strong and vital personality, it certainly can't be a "copy" of anyone else.

Another reason for rejecting blind conformity is that the very act of conforming acknowledges limitations. Actually, the only real limitations to our won abilities, accomplishments, influence and success are those we place on ourselves.

5

AVOID COMPARISONS

As we strive to strengthen and improve our inner concept of our self, we should make the evaluation on the basis of individual progress, not by comparison with someone else. Every time we make that kind of comparison...and suffer from it...we weaken our self-confidence and our self-image.

Remember...you are yourself... with your own talents, triumphs, skills, and abilities. Reaffirm them every day of your life by repeated thoughts of your won worth. Your subconscious will absorb these facts, and they'll become evident in your new self-image.

6

GENERATE INTEREST

Establish the habit of generating interest in you whenever you're with someone else. You generate interest in yourself by being "interesting" ; you automatically become interesting to someone when you display interest in them. This makes them feel important. By that action alone you add importance to yourself and the image you project.

7

SELECT AND INTERNALIZE NEW GOALS

Naturally, the new self-image we will inspire newer and higher goals. We should select them consciously and formulate a higher plan for their achievement. We'll find that the greatest driving force in attaining our aims will come when our goals are internalized, implanted in our subconscious.

Conscious control of our thoughts and actions is often weakened by distraction and multiple demands for the attention of our conscious minds. However, our subconscious is never disturbed or distracted by events in the outer world. When, through consistent reaffirmation of a specific intent or purpose, we implant a goal in our subconscious, it will exert a continuing and ever-increasing influence on every judgment we reach, and on every action we take. It is for this reason that the goals we select and consciously strive for should be carefully considered.