

Self-Esteem – Change your Story

Rene Bastarache, CI

Change your thoughts and you change your story. This script will teach you to think and speak differently about yourself making it easier to accept yourself for the wonderful and unique person that you are.

Script Starts Here:

You're a truly unique person... You're the only person like you on this planet... No one else is better at being you, than you... Therefore, you're the best at being you and doing what you do...

Right now, I'd like you to use your imagination and create a list of three of the best things that you like about yourself...

Take a moment right now and think of the first one... Think about what you like best about yourself and imagine yourself right now as if you were standing in a mirror in front of you with that attribute... See it clearly has you imagine what it's like...

Maybe it's the way you look... Maybe it's something you can do... like a special ability... Whatever it is, just imagine yourself in front of you right now doing it or being it...

Now take a moment and think about the second thing that you like about yourself... See yourself in the mirror being that special thing you just thought of... See it as clearly, and with as much detail as possible...

Now think of the third thing that you like about yourself... Something that makes you unique and special... Something specifically just about you... Imagine it clearly as you're watching yourself in the mirror directly in front of you...

Realize that these are three special things that are unique to you... That you like about yourself and that you do differently than anyone else... Even though other people might be able to do it... They are not you, so they can't do it exactly like you... You're a unique individual...

As you're imagining yourself in the mirror, right in front of you, I'd like you to imagine yourself smiling... Smile at yourself as big as you can... See yourself smiling so big that it makes you feel good about yourself... and maybe even feel like laughing... You can even imagine yourself laughing at the big smile that you're giving yourself right now...

As you're watching yourself in the mirror you realize that you're a special person... You find yourself enjoyable and happy... Understand that it is okay to like being you... and even to love being you...

Continue looking at yourself in the mirror right now and look directly in your eyes... As you're looking into your own eyes silently say to yourself "I love you"...

Continue to stare into your eyes as you say that for a few moments longer...

Each day you can take a few moments in the morning when you get up to close your eyes and imagine this exercise to yourself...

Looking in the mirror...

Thinking of three things that you like about yourself... (You can continue using the same three if you like)

Imagining yourself being these three things for a moment...

Smiling at yourself with a really big smile... Laughing if you like...

Looking into your eyes and saying "I love you"...

Doing this for a few moments each morning for the next few weeks will make a spectacular change in the way you feel about yourself...

From now on you're careful about the way you think and speak about yourself... You only say positive things about yourself... and if you find yourself saying something negative, you stop yourself immediately and finish the sentence in a positive way...

You learn to accept compliments from others easily and freely... When someone gives you a compliment, you simply look at them, smile and say thank you... Being accepting of compliments makes you feel good as well as the person giving them to you...

By changing the way you think and speak about yourself... you'll change your circumstances... Thoughts become things... so your thoughts will change the way you look at yourself...

You are a unique person... You're the only person like you on this planet... No one else is better at being you, than you... Therefore, you're the best at being you and doing what you do...