Dr. Joe Rubino

The Self - Esteem WorkBook

The Ultimate Guide to Boost the Most Underrated Ingredient for Success and Happiness in Life

Complete Your Past
Assess Your Present
Design Your Future

Includes: The 12 Steps to Reclaiming Your Self-Esteem

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How to Use this Workbook

This workbook was created to accompany ***The Self-Esteem Book*** by Dr. Joe Rubino. Print out this workbook so that you can record your responses to the exercises presented. As you read through each chapter in ***The Self-Esteem Book***, go to the corresponding chapter in this workbook. Look upon each question and exercise offered as a way to transfer your innermost, often times hidden thoughts and feelings to paper. Answer each question to the best of your ability. Do not worry if you have a challenge answering any particular one. You will have ample opportunity to revisit each chapters' questions as you make progress through the three stages of the book: completing the past, assessing the present, and designing the future.

Once you have recorded your answers to the workbook exercises, go on to read the next chapter in ***The Self-Esteem Book***. Once you have read through the entire book and completed all of the exercises offered in the workbook, feel free to go back and start the process over again from the beginning. As you complete your past, new possibilities will reveal themselves to you. As you grow and transform and restore your self-esteem, your assessment of your present state will transform too. The same is true of your future; as a dynamic living creation that you will construct moment by moment in choice, you have the right and the ability to change how you perceive that it will unfold at will. After all, you are the designer and architect of your future and have the power to create any vision for an inspirational and compelling future that moves you.

I invite you to leave the past behind. It's time to realize your true magnificence and begin the process of living deliberately, manifesting what will show up in your world in choice and in alignment with your values. Live boldly and with passion. Never forget the fact that you are truly magnificent.

Yours in magnificence and soaring self-esteem,

JoeRubino

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Complete Your Past

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1
The Essence of Self-Esteem

Challenge: Decide now to take on the personal development exercises outlined in this book. You have the ability to reinvent yourself, elevate your self-esteem and lead a fulfilling life. It all starts now with your decision to do so. Do not simply read this book from a passive perspective, like watching television. Instead, adopt an intention to apply the principles discussed and perform the exercises suggested with the knowledge that they will transform your life and restore your self-esteem.

1. On a scale from 1 to 10, rate your self-esteem level.

_____

2. What was the first experience you can recall where you began to question your self-worth? Describe what happened in as much detail as possible.

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

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3. What did you interpret about yourself from this event?

_____

_____

_____

_____

4. What did you make up about others?

_____

_____

_____

_____

5. How does your diminished self-image cause you to suffer needlessly?

_____

_____

_____

_____

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2

The Paradigm of Perfection

1. In what ways do you fail to live up to the paradigm of perfection?

_____
_____
_____
_____
_____
_____

2. How has your perceived lack of perfection limited your success and happiness?

_____
_____
_____
_____
_____
_____

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3

The Origins of Self-Doubt

1. In what ways do you consider yourself not good enough, less than perfect or not worthy of love and abundance?

_____
_____
_____
_____
_____
_____

2. Make a list of what you consider to be your weaknesses.

_____
_____
_____
_____
_____
_____
_____
_____

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3. Make a list of your strengths.

_____
_____
_____
_____
_____
_____
_____
_____

4. Decide now to further develop your strengths and seek excellence instead of perfection, realizing that perfection is unattainable. In detail, list how will you do so?

_____
_____
_____
_____
_____
_____
_____
_____

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4

Transform Your Self-talk from Negative to Positive

1. **Get to know your negative self-talker. Is the voice you hear that of a male or female? Does this voice remind you of anyone in particular?**

_____
_____
_____
_____
_____
_____
_____

2. **For the next week, as you go about your day, notice each time this voice puts you down, makes you wrong and keeps you small. Record each negative thought you have about yourself.**

_____
_____
_____
_____
_____
_____
_____

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3. **Clearly differentiate this negative voice from the voice of your trusted intuition. Note how each cynical thought serves some purpose from your self-talker's perspective. Perhaps it makes you right about something, allows you to dominate others or protects you from potential harm or letdown. Maybe it has you driven to succeed, has you berate yourself with guilt or pity or has you avoid seizing responsibility for your magnificence. Half the battle in silencing the negative voice is to recognize when he/she is speaking to you and realize that this counsel is nonsense. Decide now to recognize and instantly dismiss this misguided voice whenever you hear it. Record your insights below.**

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5

Separate Facts from Interpretations

1. Identify your most common automatic listening styles. How do these negatively affect your self-esteem?

_____
_____
_____
_____
_____
_____
_____

2. What new empowered listening styles will you generate to support your relationships and happiness and boost your self-image?

_____
_____
_____
_____
_____
_____
_____

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3. Reflect upon a recent upset you experienced. Rigorously distinguish between the facts of exactly what was said or what happened from the meanings you manufactured about the facts.

4. How do your misinterpretations diminish your self-esteem?

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6
Moods

1. **Reflect upon a few recent upsets. Identify your most prevalent mood. It will be some form of anger, fear or sadness. What is the best description of your most common mood?**

_____
_____
_____
_____

2. **In each instance, distinguish the facts of what was said or done from any interpretations you created that generated your mood.**

_____
_____
_____
_____
_____
_____
_____
_____

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3. Create a new and empowering interpretation about what was said or done in each instance that will be result in your being mood-free.

_____
_____
_____
_____

4. In the next 24 hour period, count the number of times you recognize your predominant mood surfacing.

_____
_____
_____
_____

5. How did your mood affect those around you?
What undesirable consequences did it activate in others?

_____
_____
_____
_____

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7

The Vicious Cycle

1. In the next 7 days, make note of every upsetting situation in your life. List each one here.

2. Distinguish what was said or done in each situation that "made" you upset.

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3. What was your predominant mood in each of the above episodes?

_____
_____
_____
_____

4. Describe the flavor of anger. Did your anger rapidly transform into fear or sadness? Describe your mood in detail.

_____
_____
_____
_____
_____
_____
_____

5. Become aware of just how your mood diminishes the quality of your life and the level of joy you experience every time you choose to become upset. Record your observations.

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

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8

Manage Your Moods to Enhance Self-Esteem

1. In the moment when you recognize the emotions of anger, sadness, or fear, ask yourself the following questions:

A. What happened? What was said or done?
B. What are the exact facts pertaining to the situation?
C. What meaning have I given to what was said or done, causing me to feel angry, sad or afraid?
D. If I put myself in the other person's world and was willing to give them the benefit of the doubt, what empathetic, mood-free explanation could I come up with to explain their actions?
E. Do I realize that their actions are not personal, even though they might appear to be on the surface? What was said or done is about the other person, not me. Record your insights.

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2. **In each instance when you recognize your mood, decide to generate a different, empowering interpretation about what was said or done. How does this new, empowering interpretation contribute to your happiness and growing sense of self-esteem?**

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3. In each moment of upset, put yourself in the other person's world and describe the situation from their perspective.

4. How does doing so support your self-esteem?

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9

Why We Keep Our Moods in Place

1. What are some of the major reasons for keeping your mood in place?

_____
_____
_____
_____
_____
_____
_____
_____

2. What contrary benefits do your moods provide you?

_____
_____
_____
_____
_____
_____
_____

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3. How will you break the destructive pattern of reacting to situations that trigger your mood?

_____
_____
_____
_____
_____
_____
_____

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10

The Costs of Not Reclaiming Our Self-Esteem

1. What are the costs for you of not reclaiming your self-esteem?

_____
_____
_____
_____
_____
_____
_____

2. In the areas of your health, relationships, vitality, happiness and ability to contribute to others, describe how you sacrifice each area by keeping in place your current interpretations that no longer support you.

_____
_____
_____
_____
_____
_____
_____

3. What is the greatest cost to your continued maintenance of a low self-image?

_____
_____
_____
_____
_____
_____

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11
Survival Formulas

1. Describe some ways you have developed to protect yourself from harm and survive in a harsh world.

_____
_____
_____
_____
_____
_____
_____

2. Do you typically take an aggressive or a passive role to protect yourself from harm? How so?

_____
_____
_____
_____
_____
_____
_____

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3. Do you tend to dominate others or survive by allowing others to dominate you? How?

_____
_____
_____
_____
_____
_____
_____

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12
Case Studies

1. Write your own case study by following the examples in The Self-Esteem Book, Chapter 12.

A. Recall the earliest traumatic experience you can recall that influenced your own self-image.

_____
_____
_____
_____
_____
_____
_____

B. What interpretation did you create about yourself as a result of this event?

_____
_____
_____
_____
_____
_____
_____

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C. What interpretation did you create about people from this episode?

_____
_____
_____
_____
_____
_____
_____

D. What is your predominant mood?

_____
_____
_____
_____
_____
_____
_____

E. What is your survival formula?

_____
_____
_____
_____
_____
_____
_____

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13

Reinterpret Your Past

1. **Let's recap and put a positive, empowering spin on your life's history! Recall the earliest traumatic experience you can recall that influenced your own self-image. Describe the incident. What happened?**

_____
_____
_____
_____
_____
_____
_____

2. **Separate the facts from what you felt and describe only the facts.**

_____
_____
_____
_____
_____
_____
_____

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3. What was and is your predominant mood?
(Some variation of anger, sadness or fear)

4. What did you make up about yourself?

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5. What did you make up about other people?

_____
_____
_____
_____
_____
_____
_____

6. What survival formula have you adopted to protect yourself from harm?

_____
_____
_____
_____
_____
_____
_____

7. What negative interpretations have affected your self-esteem adversely?

_____
_____
_____
_____
_____
_____
_____

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And most importantly…

8. What new and empowering interpretations can you create about what happened?

_____
_____
_____
_____
_____
_____
_____

9. In place of making up something negative about yourself with respect to this incident, acknowledge yourself for some accomplishment that resulted from it (no matter how small or insignificant you might consider it to be.)

_____
_____
_____
_____
_____
_____
_____

10. Repeat the exercise with respect to any other traumatic incidents you can recall. Notice any similarities in what you negatively interpreted about yourself or others. Reinterpret each incident to enhance your self-esteem. You will have succeeded in reframing each incident when you can reflect upon what happened without anger, sadness or fear and emerge from recalling the incident with a newfound self-respect.

_____
_____
_____
_____
_____
_____
_____

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14

Manage Your Interpretations Moment By Moment

1. **For the next 30 days, pay close attention to all of your interactions with others. Record each time you notice your predominant mood surfacing.**

_____
_____
_____
_____
_____
_____
_____

2. **Record each cynical, negative reaction you have to what another person says or does.**

_____
_____
_____
_____
_____
_____
_____

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3. Each time, stop yourself and replace the negative thought you had with a positive, empowering one.

_____
_____
_____
_____
_____
_____
_____

4. Note how doing so impacts how you see yourself in each case.

_____
_____
_____
_____
_____
_____
_____

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15

Complete Your Past

1. **Make a list of all of the people you are not on the greatest of terms with. Are you willing to complete with each one?**

2. **Commit to doing whatever is appropriate to achieve completion over the next 30 days with each person on the list above. Detail your plan of action in each case.**

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3. Are there any individuals you are unwilling to complete with? What is this costing you not to do so? Know that you need not resume contact with any unhealthy or dangerous individuals. How will you complete with these people?

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

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16

The Power of Forgiveness

1. In what ways have you not forgiven yourself?

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2. In what ways have you not forgiven others?

3. Create a plan to clean up any misspoken words, acknowledge mistakes and apologize for any errors you may have made. For those deceased or those you cannot or choose not to achieve completion with in person, write a letter expressing your thoughts, emotions and forgiveness. Mailing the letter is optional.

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17

The Importance of Gratitude in Sourcing Self-Esteem

Decide to Be Grateful

1. Make a list of all the reasons you have to be grateful.

2. Daily, decide to contribute to someone who might benefit from your support. For the next 30 days, detail at least one person each day to whom you have contributed.

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3. Before bed each night, record those blessings for which you have decided to be grateful.

4. Acknowledge yourself for your contribution to another today.

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Assess Your Present

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18 Do a Values Inventory

1. What are your most important values?

_____
_____
_____
_____
_____
_____
_____

2. Which of your key values do you feel you cannot happily live without?

_____
_____
_____
_____
_____
_____
_____

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3. Which are not being fully honored?

4. How does this affect your vitality and self-image?

5. What will you put into place within the next 30 days to begin to honor these essential components that nourish your spirit?

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6. Name three people you will ask to support you in honoring these values.

_____
_____
_____
_____
_____
_____

7. What specific actions will you immediately take toward this goal?

_____
_____
_____
_____
_____
_____

8. What obligatory values did you grow up with?

_____
_____
_____
_____
_____
_____

9. Which ones are still in place today? Where do you feel guilty or torn between what you should do and what you want to do?

_____
_____
_____
_____
_____
_____

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10. How do these forced values erode your self-esteem?

11. Create an empowering interpretation to explain why others may have pushed each of these values upon you.

12. Which obligatory values will you discard, as no longer serving your happiness and the person you have decided to be?

13. Which ones support your self-image and serve you to keep in place?

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14. Create a new interpretation to replace any previous ones that had you labeled as bad or wrong if you failed to comply with these values. Remind yourself of this new interpretation each time you judge yourself harshly for violating this obligatory value.

_____
_____
_____
_____
_____

15. What do you need to put into place to live in choice and restore your self-esteem? By when will you take these actions?

_____
_____
_____
_____
_____

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19

Take Personal Inventory:Put Closure on Your Past and Tend to Unfinished Business

1. Place a check mark next to each statement you perceive to be true.

• Health, appearance and personality

_____ I am happy with my appearance.
_____ I have no lingering physical problems or untreated chronic conditions.
_____ I have had a physical exam recently.
_____ My dental health is cared for and my dental appearance is good.
_____ I am not taking drugs or abusing alcohol.
_____ I do not smoke or otherwise abuse my body.
_____ I look my best.
_____ My hair, nails and appearance are neat and attractive.
_____ I brush and floss my teeth regularly.
_____ My eyes have been checked recently and my vision is good or has been corrected with eyeglasses or contact lenses.
_____ I dress neatly, smell good and make a good impression.
_____ My home, office and automobile accurately reflect who I am.
_____ I have no unhealthy habits.
_____ I typically see the glass as half-full.
_____ I am at my ideal weight.
_____ I am relaxed, not anxious or nervous.
_____ I am creative and imaginative.
_____ I have a good sense of humor.
_____ I do not speak poorly of myself and do not tolerate others doing so.

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_____ I experience few upsets on a daily basis.
_____ My life is purposeful and organized.
_____ I am not easily stressed out.
_____ I take care of all aspects of my health.
_____ Others consider me competent.
_____ I expect life will always get better and better.
_____ Other items _____
_____
_____
_____

• Wealth, finances, career, occupation

_____ I save a significant portion of my earnings weekly or monthly.
_____ My credit cards are paid in full monthly.
_____ My taxes are paid and my returns are filed on time.
_____ I have adequate insurance to protect against unfortunate losses or illnesses.
_____ My business is in good financial order.
_____ I am respected at work.
_____ I do not overwork on a regular basis to the point of extreme.
_____ All my debts are manageable and current.
_____ My work is fulfilling and I love what I do.
_____ I am honest, likeable and trustworthy.
_____ People respect my abilities.
_____ I do not use people for my own benefit and at their expense..
_____ My coworkers know that I am dependable.
_____ People trust my judgment and readily accept my advice.
_____ I determine my own destiny.
_____ I enjoy a new challenge and am not afraid to accept healthy risks.
_____ I have not settled for a job that has me playing small.
_____ I greet each day with eager anticipation and love what I do.
_____ I delegate to others those tasks I need not do myself.
_____ Other items _____
_____
_____

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• Relationships

_____ I make friends easily and have many close friends.
_____ My relationships are mutually fulfilling.
_____ I associate with people who I proudly call my friends.
_____ I feel comfortable in most social situations.
_____ I am good at making and keeping commitments.
_____ I have no toxic relationships.
_____ I am not overly dependent upon any person.
_____ I trust others and they trust me.
_____ I am on time for my appointments.
_____ My life is gossip-free.
_____ Others would say I am not judgmental.
_____ I am not withholding communication or love in any of my relationships.
_____ I respect the values of others and they respect mine.
_____ My relationships are authentic, warm and truthful.
_____ I have a close and intimate relationship with my spouse or partner.
_____ I have a healthy attitude about sex. I think others find me sexually attractive and am not afraid to express my sexuality.
_____ Others would call me a good communicator and listener.
_____ I enjoy time with my friends in addition to sharing friends with my spouse or partner.
_____ I have forgiven everyone who has hurt me.
_____ I am not consumed by guilt.
_____ People would say I am easygoing and seldom moody.
_____ I am not displaying any abusive behavior.
_____ I do not live in hope that, by chance, someday I will meet the right person who will make my life right.
_____ I have no problem asking to have my needs met.
_____ I take responsibility for making every aspect of my life work optimally.
_____ Other items _____
_____
_____

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• Family

_____ I love my family and they love me and we tell each other so.
_____ I have no unresolved anger toward any family member.
_____ All my family legal and financial records are in order.
_____ I have forgiven everyone who has hurt me.
_____ I have apologized to anyone who I have hurt and have done all I can to repair the relationship.
_____ I regularly make time to connect with my family.
_____ I do not gossip or allow for unhealthy behavior in my family, as a co-conspirator.
_____ Other items _____
_____
_____

• Personal and/or spiritual development

_____ I take time for my personal development.
_____ I have a clear, written vision for my life and read it daily.
_____ I have a powerful relationship with God.
_____ I am confident in my self-worth.
_____ I have a life and/or business coach.
_____ I don't simply tolerate life but live it to the fullest.
_____ I regularly read and listen to material that nurtures my greatness and inspires me.
_____ I am knowledgeable about current events.
_____ I learn something new everyday.
_____ I trust and act upon my intuition.
_____ I am in touch with my values and my life expresses them fully.
_____ I am aware of my gifts and contribute them freely.
_____ I expect my life to work optimally and am committed to making it happen.
_____ I tell the truth.
_____ The legacy I will leave the world is _____.
_____ Other items _____
_____
_____

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• Recreation and fun

_____ I have fun with other people at least weekly.
_____ I have hobbies that I find rewarding.
_____ I know what makes me happy and do it often.
_____ Others consider me to be a fun person.
_____ I balance work with play.
_____ I take time just for me.
_____ My pets are in good health, well-groomed and cared for.
_____ Other items _____
_____
_____

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Now that you have taken your personal inventory, create a preliminary list of all items you will decide to work upon. Make note of those items that can be specifically addressed by detailed actions.

Prioritize your list so you can set specific deadlines for addressing each as you craft your plan of action. Separate what is really so from the meanings you have attributed to each quality that cause your self-esteem to plummet. How does each area support your increased self-esteem?

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20 Assess Your Strengths and Weaknesses

1. Make a list of your strengths and gifts.

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2. Make a list of at least 5 qualities that you will focus upon to support your esteem, happiness, and personal effectiveness with others. How will each quality support your excellence?

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

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21
Reprogram Your Subconscious Mind

It's time to declare who you are from this day forward, just because you say so. By doing so, you will leave all disempowering interpretations behind as you reinvent yourself with love, passion, and personal power.

1. List the qualities you will be known for from now on.

_____
_____
_____
_____
_____

2. Write out an empowering affirmation for each one.

_____
_____
_____
_____
_____
_____
_____
_____
_____

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3. **Take a few minutes at least three times a day to read and focus upon the healing energy of these affirmations. Read your new affirmations into a tape recorder. Play back your tape several times daily while closing your eyes and focusing on the feeling you get when you *are* these traits. Record your insights each day for the next 30 days.**

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22

Create a Structure to Develop Those Qualities You Identify as Missing

1. **From the list of qualities you developed in the previous exercise, select the top five missing qualities that, if strengthened and developed, would contribute most to your self-esteem. What are these qualities?**

_____
_____
_____
_____
_____
_____
_____
_____
_____

2. **Take some specific daily action that will help develop each trait. List these actions below.**

_____
_____
_____
_____
_____
_____

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3. At the end of the day, rate yourself on a scale from 1 to 10 with respect to how well you embodied each quality.

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4. Keep a daily journal describing what worked that day to develop each characteristic. Also note what was missing that, if put into place, would better serve your objective. Write your insights below.

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5. **Request the support of family members and friends in championing you to develop your chosen traits. Who will you ask to support your reinvention efforts?**

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Design Your Future

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23 Keep a Daily Journal

Accept the challenge to live deliberately each day.

1. Catch yourself in negative self-talk. Write each time you do so daily.

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2. Distinguish what is really so from the damaging story you decided about yourself. Write down your insights.

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3. Note whenever you demand perfection or blame yourself for things that are not your fault or beyond your control.

4. Record any assumptions that others are judging you as harshly as you judge yourself. Separate out exactly what they said from what you think they meant that has you berating yourself. Create a new, empowering interpretation that gives you the benefit of the doubt.

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5. When you hear negative self-talk, ask yourself, "Is it possible that I am distorting what actually happened?

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6. Are you taking what others say personally? What other interpretation can you apply to these comments, assuming they are not directed at you?

7. Are you comparing yourself to others unfavorably? How can you focus on your strengths instead? Acknowledge yourself for a positive trait every time you entertain a negative thought. Record your daily insights.

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Also record your insights to the additional questions below at the end of each day:

8. Did my thoughts and actions today reflect my values and commitments and contribute to building my growing self-esteem?

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9. What worked about today?

10. What was missing that, if put into place, would support me in being the person I have declared myself to be?

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11. What was missing that would have helped my self-esteem increase today?

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12. How will I make tomorrow better?

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Create a Vision for Your Life

1. Write out in first person, present tense (I am….) your vision for your ideal life. Include all of the following elements:

- Who will you *be*? What qualities and values will you embody? How will you look and come across to others? What will your self-image be?
- What will you *do* with your life when you possess these qualities and values? How will you spend a typical day at play and a typical day at work?
- What will you *have* as a result of being these qualities and doing the actions consistent with them? Where will you live? In what type of home and with whom? With what physical possessions will you surround yourself? What other things such as great friends, abundance, personal freedom, peace of mind, etc. will you have? What goals will you accomplish?
- Who will you assist or support with these accomplishments? Are there any special people, organizations or causes that will be an important part of your life?
- What will your relationships be like? Picture yourself interacting with friends, family, co-workers and all you meet in a way that reflects your high self-esteem and rich friendships.

Describe in detail what every aspect of your life will be like. Read your vision at least twice each day. You can't do this exercise wrong, so have fun creating your vision as a magnificent person worthy of the best that life has to offer.

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25 Identify Your Life Purpose

1. What is *your* life purpose?

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2. How will you manifest it into the world?

3. What will you put into place to live it?

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4. What key values does it honor?

5. How does living it elevate your self-esteem?

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Set Goals and Design an Action Plan for Your Life

1. **In each of the following areas, design a plan of action geared toward elevating how you feel about yourself. What specific actions will you take and what results will you produce in each area?**

   * **Health and appearance**
   * **Wealth, finances, career, occupation**
   * **Relationships**
   * **Family**
   * **Personal and/or spiritual development**
   * **Recreation and fun**

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In each of the above areas,

1. **What are your long-range goals? Select a target date of five, ten or twenty years.**

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2. What are your 1-year goals? These can either be targets to shoot for or actions that will support your objectives.

3. What are your 3-month, 6-month or 9-month milestones? Milestones are interim goals you will accomplish en route to your longer-term objectives.

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27 The Power of a Daily Action Commitment

1. Record your *daily action commitment* in each of the six areas of life.

- ∞ **Health and appearance**
- ∞ **Wealth, finances, career, occupation**
- ∞ **Relationships**
- ∞ **Family**
- ∞ **Personal and/or spiritual development**
- ∞ **Recreation and fun**

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2. Will your faithful implementation of your daily action commitment bring about the results you desire?

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Put an Accountability Structure into Place

Select one or more of the following structures to support your personal reinvention.

1. Hire a coach to support your accountability and champion your progress. Many coaching organizations, including our own company, The Center for Personal Reinvention, provide expert life and business coaches to support you in deliberately designing your life and/or business. Contact us at drjrubino@email.com to set up your first coaching session.

2. Get together with like-minded friends who have committed to their own life action plans. Agree to speak weekly to answer the questions we will discuss in a few moments. Call or meet with either one friend or with a small group of friends once a week.

3. Create an email support group. Invite your accountability partners to report their progress either daily or weekly, depending upon what the group agrees.

In your reports, briefly answer the following questions:

1. What is your daily action commitment?
2. Did you do it yesterday? If not, what did you do?
3. What worked well?
4. What was missing that, if put into place, would best support tomorrow to be better?
5. What will you do next?

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29 Acknowledge Yourself Daily

1. Each day, for the next 30 days, write a paragraph acknowledging yourself for some accomplishment.

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Take Responsibility for Your Needs by Making Requests

1. Daily, make and record at least three requests that honor your value as a worthy person.

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Champion Others to Have High Self-Esteem

1. For the next 30 days, champion at least one person daily by complimenting, acknowledging, or contributing to them in some way. Write each action in your journal.

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Building Self-Esteem
is a Life-Long Process

Ponder and take action on at least one the following 12 Steps each day.
Record your insights in your journal.

12 Steps to Restoring Your Self-Esteem

1. Identify the source of your low self-esteem.
   What negative thoughts did you buy into or interpret about yourself? What new interpretations can you create?

2. Construct a list of your negative qualities and one describing your strengths. Develop a plan to work on the qualities you wish to manifest.

3. Identify lingering upsets from your past. Take action to complete each one and move on with your life in a positive, productive manner.

4. Decide today to forgive those who have hurt you as you likewise forgive yourself. Design an action plan to address and complete each strained relationship.

5. Design a specific dated plan to remove yourself from any abusive relationships. Inform people in your life of your commitment to reinvent yourself and notify them that you will no longer permit others to treat you without respect.

6. Practice creating new empowering interpretations daily about yourself.

7. Create a detailed newly invented declaration about who you are that addresses every aspect of your self-image.

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8. Visualize your new positive self and create a vivid movie script of what your future will look like. Read your vision at least twice daily, upon rising and before bed.

9. Create a series of positive affirmations based upon your vision. Write these on index cards and position them where you will see them throughout your day. Create an audiotape of your new affirmations and listen to the tape at least twice daily.

10. Surround yourself with people and things that reflect your self-respect and honor your worth as a person.

11. Every night before bedtime, acknowledge yourself for some worthy accomplishment achieved that day.

12. Create an accountability support group to report your weekly progress in honoring yourself and meeting your goals. Seek professional assistance if needed.

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I wish you happiness and magnificence!

Joe Rubino

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Dr. Joe Rubino

is widely acknowledged as one of North America's foremost success and productivity coaches. He is the CEO of The Center for Personal Reinvention, an organization that provides coaching and productivity and leadership development courses that champion people to maximize their personal power and effectiveness. To date, more than 500,000 people have benefited from his coaching and leadership development training.

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Also by Dr. Joe Rubino:

* ***The Power to Succeed:***
30 Principles for Maximizing Your Personal Effectiveness

* ***The Power to Succeed:*** *More Principles for Powerful Living, Book II,*

* ***The Magic Lantern:***
A Fable About Leadership, Personal Excellence and Empowerment

* ***Secrets of Building A Million Dollar Network Marketing Organization***
from A Guy Who's Been There, Done That and Shows You How to Do It Too.

10 Weeks to Network Marketing Success: *The Secrets to Launching Your Very Own Million-Dollar Organization in A 10-Week Business-Building and Personal-Development Self-Study Course* (6 audio cassettes or 4 CDs and workbook)

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visit http://www.CenterForPersonalReinvention.com
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Hire a Coach

The Center for Personal Reinvention offers individual and group coaching programs that support people to realize their business and life goals while designing a life of choice and without regrets.

For more information on hiring a coach,
please contact Dr. Joe Rubino at DrJRubino@email.com
or by calling **(888) 821-3135**

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Testimonials

"Through personal coaching with my coach at the Center for Personal Reinvention, I have succeeded in elevating my self-esteem and left behind years of pain and emotional baggage. I actually now feel so much happier and at peace about myself for the first time in 40 years."

-- Sally, Los Angeles, CA

"Dr. Joe has given me back my life. I am so grateful for mustering the courage to contact him and request life coaching."

--Paul, Spokane, WA

"Since I started a coaching relationship with Dr. Joe, my business income has nearly tripled, I am now in a relationship with the love of my life, and I see my future as filled with hope and promise! Coaching is a true gift you owe yourself."

--Linda, Stoneham, MA

"Self-esteem is so important to building a successful network marketing business. Since I began coaching a little more than a year ago, I've been able to attract several powerful leaders to my business and am on track to earn a six-figure income this year. Without coaching, this would have never happened for me.

--Bill, Chicago, IL

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