

# Self Esteem Builder

*A guide to building self esteem*

*By Robert Britt*

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Self-esteem is the key to life. Building up your self esteem is the first step to getting yourself on track to having a happy successful life. I am not just talking about monetary success, (but that doesn't hurt either.)

Think of a time in your past when you were really happy and analyze why that was. For me it was getting married. Now why was that a happy time for me?

1. I was in love.
2. I had found a woman who thought I was terrific and wanted to marry me.
3. I was surrounded by people who loved me and thought great things of me. - My family and friends.
4. My wife's family thought I was fantastic. And they made me very welcome into their family.
5. My life was heading in the right direction.

Now what does all that add up to?

- Self-confidence
- Right frame of mind
- Positive reinforcement

**The only issue: that was only one day.**

Most days you are "fighting the good fight" with minimal (or no) support.

Who should be providing the support you need on a continuous ongoing basis?

**You.** Positive outlook, positive motivation, with no down-talk or self-doubt.

Who has the most impact on your outlook? The answer is simple. **YOU** do.

Think about growing up.



**When a friend told you that you were beautiful/handsome /smart/funny/whatever...did you really believe them??**

**Deep in your heart?**

**Maybe**, but when you went to school you probably didn't have that same self thought, deep inside of you.

Odds are you thought everyone was noticing the **HUGE ZIT** (that existed mostly *inside* your head).....

...and not **the person** behind it.

The fact that your friend might have said how nice you look didn't impact you nearly as much as that little voice inside your head

Now think back to a time in your teen years. Maybe it was a date to the prom or a group outing for pizza. If your parents criticized your clothes or hair or whatever, the minute you walked out the door you probably reverted to the thought "hey this outfit makes me look good... Or at least these clothes are cool; I hope someone notices that I am wearing LA Gear tennis shoes. I am so trendy...." (Gag me with a spoon, but that may have been your thought.)

Again, it wasn't what others thought of you nearly as much as what **you** thought of **you**.

Now what does this have to do with what I am trying to say? It is very simple. You need to realize that **You are the king or queen of the world!!** (or at least your corner of the world.)

I have an exercise I have designed...(don't worry it is easy, so easy in fact, that I don't call it a "work sheet" I call it a **play sheet**) and you can get anyone to help you with it if you like. The play sheet starts in section two of this book. (Page 6)

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Here is a link to a **free program**, <http://audacity.sourceforge.net/>, which will be used to record two tracks that you will put together (again, don't sweat the details, this is easy) which will change your outlook.

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Your words are going to change your mind on your self worth. Listen to this every morning. Repeat **every morning... For the next three weeks**.

I have done this and it takes about 10 minutes every day to

**CHANGE YOUR LIFE!!**

Did you read that? ***Read it again...***

**10 minutes for only 21\* days will CHANGE YOUR LIFE ...forever.**

What an absolutely simple, yet powerful tool for building your self-esteem! It's so easy to implement, but it has such far-reaching repercussions. What Rob offers here is a true gem. I'm telling all my friends about it. Goodness knows, we can all use a little self-esteem boost.

Cheryl, Taipei, Taiwan

Rob - thanks for the encouragement. I really believe in the attitude of gratitude, it really helps me to see what is and what might be. Thanks for the positive thoughts and energy.

Keith B.

Thanks! You have me focused on my gratitude. AND I will look for your book to buy when it is released!

Pam G. , St Petersburg, FLA

If you are anything like me, you might not even like the sound of your voice, but after a while you will become mesmerized by it. I feel like I am experiencing self-hypnosis every time I listen to myself.

This technique of 'self-talk' has been proven to work. A similar concept "visual motor rehearsal" has shown that by merely thinking and visualizing their event, athletes can enhance their performance.

**Your "event" is your life** and doing these verbal exercises is a great way to integrate success and positive attitude into your subconscious.

There is nothing to order here. I am doing this because I think it will make the world a better place. Could you imagine a world of people where no one drives angry? A world where people might actually smile as they walk through the grocery store?

**I *can* imagine it, and I am trying to make it happen.**

I don't make any money from this product, I just feel it will help the world and thus help me. I have used "self-talk" for quite a while and found it to have a profound effect on my life. If you would like to help support my mission, please visit any of the links on this page. All links lead to products or services I have used and believe in 100%. I sincerely hope that you can have the same success I have had, and I believe, with some effort, you can.

Thank you for helping me fulfill my dream of a better world.

Rob Britt



p.s. Please drop me a line and let me know how this has impacted your life. Thanks.

\* For even more impact repeat the tracks for 90 days

[RobertEBritt@yahoo.com](mailto:RobertEBritt@yahoo.com)

If you want to help me with my mission, and help with the cost of maintaining this site, feel free to make a donation. Thanks and have a great day!

And now...on to the Self Esteem Play Sheet®

## **Self Esteem Play Sheet** ®

This is going to be a piece of cake. There are no wrong answers here. If you can't think of something to write, just skip the question and move on. When you are done with all the questions, go back to the beginning and try to fill in the ones that you skipped. Or don't. The important thing is getting through this and getting to the next step.

Answer as honestly as you can, and it is OK to get help from anyone you like. You have heard of "open book tests"? Well this is an "open life" questionnaire. If there is a question that doesn't pertain to you, skip it. If there is a question about your parents and you don't know the answer, you may call your parents and ask, or skip the question and move on. If you are an orphan use whatever surrogate parent or parent figure you had. If you are an only child and the question about a sibling comes up skip it. The important thing is getting this done and impacting your life.

All the answers should be in the form of a statement such as "**I** got an A in Math in 10<sup>th</sup> Grade." Or "Mrs. Jones told me **I** am smart" They should all involve the word "**I**" "**Me**" or "**My**."

If the question is "what is your best memory of high school" your answer might be "**I** was voted 'best dancer'" or "**I** made the football team"

If the question is about another person's input you might say "Mrs. Jones said **I** was very creative."

Some questions might have 5 answers, others might have none. Just stick with it, and get it done. There is no right or wrong, just positive thoughts, intentions and memories.

Now we begin.

### **Section 1**

1. Name the thing you are most proud of doing in your life.
2. What accomplishment do you most remember from high school?
3. What is the best compliment a teacher ever gave you?
4. What is the best thing your grandparents ever said about you?
5. What is the nicest thing your parents ever said about you?
6. What is the best thing one of your siblings ever said about you?
7. What is the best compliment your boss ever said about you?

8. What is the nicest thing a co-worker ever said about you?

9. What is the best compliment you ever got from a child?

10. What do you recognize as the best thing about you?

**Section 2 – Your Skills**

In this section I want you to list ten things that are positive about yourself. These are things you do well, things you carry with you, and maybe secrets you have never told anyone about. Don't worry about what they are. No one else ever has to know about this. This is all for You. You may be a great cook. You may be good at drawing cartoons. You may have a great vocabulary. Whatever you write must be positive. **Now, write them down.**

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### **Section 3 – Future Intentions**

In this section you need to really let go. Think about the person you want to become. Have you always wanted to be a powerful public speaker? Do you want to be comfortable socializing at parties? Do you want to be the best juggler in the world? This is where you decide on your future skills. This is your intention in life. Where do you want to go? Remember this is all in the form of “**I**”, “**Me**” or “**My**” “**I** am a best selling author on the NY Times book list.” “**I** can understand complicated math formulas.” “**I** am an A student.” “**I** make a difference in the world.” On my personal list I have “**My** writing is appealing to others and helps expand their thoughts and improve their lives.”

Don't limit yourself.

#### **Future Intentions**

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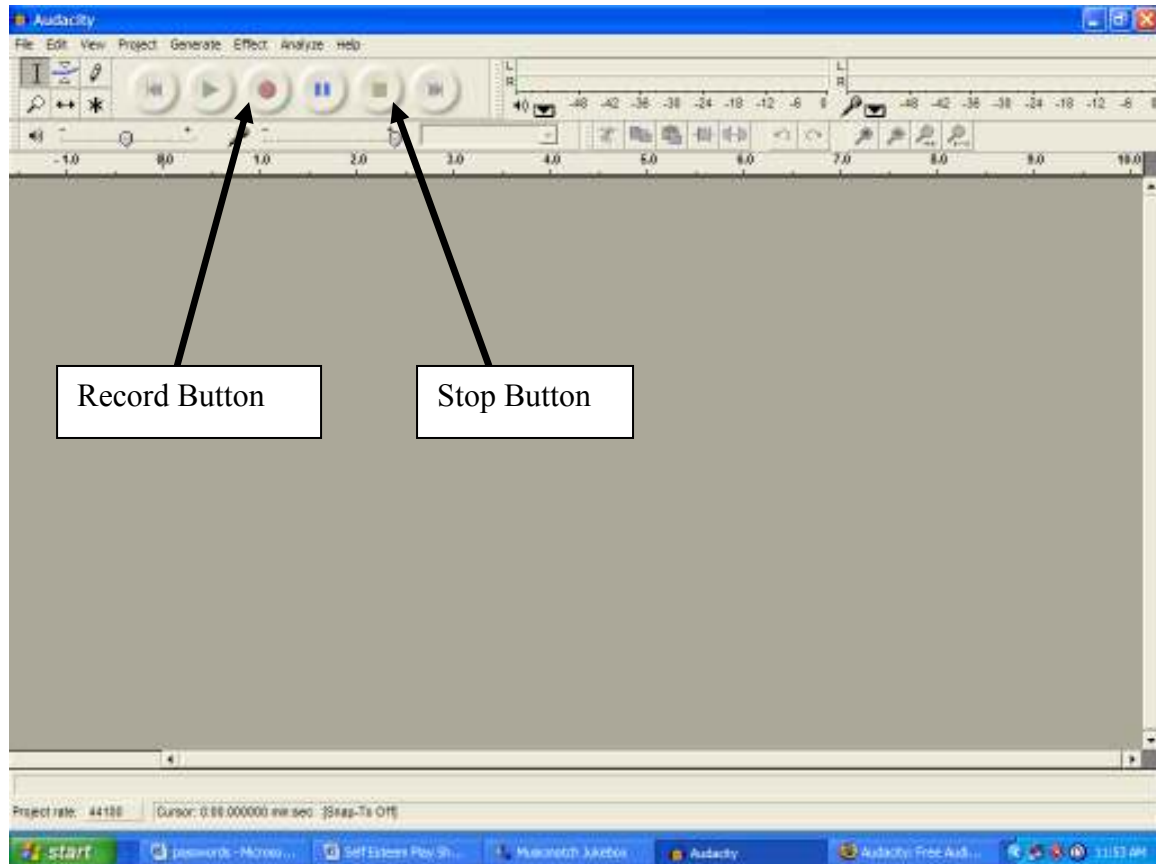
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Once you have that set up on your computer and you open the program, you will have a window that looks like this:



To record you simply click on the record button, begin speaking and when you are done, click the stop button. Use the File/dropdown menu and export as a .wav file to whatever folder you desire. My suggestion would be to save this as SuccessSpeech1.

I have found that using this worksheet makes recording very easy. Simply use this as a script, reading the statements you have written in response to the questions.

A shortened version might read like this

I graduated from college with a 2.7 grade point average.  
I auditioned and was picked as an actor in my high school's version of "Oklahoma."  
My mom said I am smart as a whip  
Mr. Jones said I am a good worker.  
I am an attractive person.  
I love giving speeches in front of large groups of people.  
I am a successful business person.

For the second part of this we are going to record again, this time changing the "I" to "You"

Example

You graduated from college with a 2.7 grade point average.  
You auditioned and were picked as an actor in your high school's version of "Oklahoma."  
Mom said you are smart as a whip  
Mr. Jones said you are a good worker.  
You are an attractive person.  
You love giving speeches in front of large groups of people.  
You are a successful business person.

Save this as SuccessSpeech2.

Together these two will charge your self-esteem and move it to a whole new level. To explain a bit deeper, the first section conditions your mind and gets you in a receptive state. You have to be comfortable talking to yourself and admitting to yourself that there are positive things about you. The passive voice (using "I") allows you to ease into this exercise. The second part is where it gets really fun. You are an authority on you. Who better to tell you to straighten up and fly right? It is time you accept how exceptional you really are.

And when you think about it, you are exceptional. We all are. No one has had quite the life you have led. You bring a unique perspective to any situation. If you don't believe me, you will after only a few days of listening to yourself. You will talk yourself into a better place, a better state of mind. And most importantly, a more truthful place, where you can finally let go of the negative thoughts that have been holding you back.

These audio tracks should be listened to every day for at least 30 days. I listen to mine every day, and I also read them most days. It only takes a few minutes and **it will change your life!**

After listening to the two success speeches, you may want to re-record them. These can be improved or changed. It's your life! Make it the best one you can!

If you have any questions, please e-mail me at

[RobertEBritt@yahoo.com](mailto:RobertEBritt@yahoo.com)

I will walk you through this 'playbook.' I will help you with Audacity. I want you to succeed.

There is nothing to order here. I am doing this because I think it will make the world a better place. Could you imagine a world of people where no one drives angry? A world where people might actually smile as they walk through the grocery store? I can imagine it, and I am trying to make it happen. That is my dream.

Thank you for helping me realize my dream,



PS Please take the time to share this with the people you care about. Self Esteem is the key to having a great life.

Please visit my other websites:

[www.RobertBritt.com](http://www.RobertBritt.com)

[www.10MinuteTransformation.com](http://www.10MinuteTransformation.com) Change your mind, change your life.

[www.SomeoneElsesTomorrow.com](http://www.SomeoneElsesTomorrow.com) ← my newest book

[www.WealthTrainingSource.com](http://www.WealthTrainingSource.com) the stock market explained in plain English

[www.SelectingValueStocks.com](http://www.SelectingValueStocks.com)