

Pursue Success with a Positive Self-Image

By Paul J. Meyer



Regardless of your background, what you are willing to become is the only reality that counts. And what you are willing to become depends greatly on what you *believe* and what you are willing to *do* about your self-image.

Your self-image – the mental picture you have of yourself – determines the measure of confidence you bring to the challenge of using your potential and working toward the achievement of your goals. Psychologists estimate that on the average people use considerably less than a third of their actual potential. This revelation means that by using only a small portion of your potential, you can make a sizable improvement in your effectiveness. If, for example, you are now using 30 percent of your potential, you could choose to use an additional 3 percent. This additional 3 percent is equal to 10 percent of what you were previously using. So, with relatively little effort, you can be 10 percent more effective than you are now.

Consider these hindering attitudes that prevent people from using more of their potential:

- ◆ Staying in their comfort zone and living at the present level of success is simply easier and less stressful than exerting effort to make needed changes.
- ◆ Fear of making a mistake or risking possible failure discourages trying anything new or different.
- ◆ The desire to avoid disapproval, either by yourself or by others.
- ◆ Anxiety about changing the *status quo* convinces some people that change is negative and not worth the risk.
- ◆ A poverty mentality, coupled with a false sense of inferiority, causes some people to believe they do not deserve the rewards of using their full potential.
- ◆ An illogical fear of success prevents some people from breaking the success barrier. They feel unworthy or they fear they will not know how to handle success, so they simply avoid it.

Each of us views life through our own uniquely tinted pair of glasses, and success means something different to every individual. The success you seek can become a reality when you change limiting beliefs and adopt a more positive self-image. The more positive your self-image, the more motivation you have to achieve personal success!

Paul J. Meyer is a successful entrepreneur and author of personal and professional improvement programs, courses, and books, including his latest book, Fortune, Family and Faith. For more information, visit his website at www.pauljmeyer.com.

Have Fun Even When You're Pressed

What a pleasure it is to be around people who are fun. They're the ones who smile, who are optimistic, who find humor even in difficult situations, and who make the time you spend with them enjoyable. They make you glad that you saw them. They help you have great days.



A wonderful story is told about Theodore Roosevelt. The day of his funeral, a ceremonial procession moved slowly and solemnly along Pennsylvania Avenue. Standing on a street corner was a policeman who, as the funeral procession passed by him, began to laugh. The man standing next to him was shocked by his insensitive behavior. He couldn't believe the disrespect that the policeman was showing. In anger, he turned to the policeman and said, "How can you laugh at a time like this? How can you have such little respect for this great man? Surely you did not know him."

"On the contrary," said the policeman. "I knew him very well. I served with him during the Spanish-American War. We rode up San Juan Hill together, and I was just thinking that it was such fun being led by him."

Is that what your family and friends would say about you? Is it fun being led by you? Is it fun working with you? I'm not always fun. I wish I could say that I am, but I'm not. Like most of us, I get tired and stressed and have too much to do and not enough time to do it. As my oldest son used to ask me, "Mom, are you pressed?" And I would say, "Honey, I'm ironed flat."

When people are "fun," they add energy, enthusiasm, and enjoyment not only to their lives but also to the lives of those with whom they live and work. Strive to have fun!

Julie Alexander is a professional speaker who works with organizations that want to boost morale and people who want great days on and off the job. She is the author of Great Days: 50 Ways to Add Energy, Enthusiasm, & Enjoyment to Your Life and Make Life Count! – 50 Ways to Great Days. For more information, visit www.JulieAlexander.com.



InSync® Moment #88 – Be Still

Feeling discombobulated, out of sorts, or scattered? Then, stop whatever you're doing and be still. When you're still, you can eliminate the restlessness and undirected expenditure of energy. When you're still, you can get in touch with what's really going on internally and externally.

So, anytime you need to focus, take a deep breath and be still.



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