



LAW 3 — MEETING 3

## The Law of The Mirror

*You Must See Value In Yourself And Add Value To Yourself*

**I. A Look In The Mirror – The Power Of \_\_\_\_\_**

- A. Self esteem is the single most significant key to a person's \_\_\_\_\_.
- B. Low self esteem puts a ceiling on our \_\_\_\_\_.
- C. The value we place on ourselves is usually the value \_\_\_\_\_ place on us.
- D. “If you place a small value on yourself, rest assured the world will not raise the price.”

**II. Steps to Build Your Self-Image**

- A. Guard your \_\_\_\_\_.
- B. What we “Say” about ourselves, we tend to believe. What we believe, we tend to act. What we act, we tend to become.
- C. No World Record was ever set by someone who said, “I cannot do this”.

**III. Stop \_\_\_\_\_ Yourself To Others**

- A. Making comparisons is an amazingly powerful attraction that is really just an \_\_\_\_\_ to your own potential.

# THE 15 INVALUABLE LAWS OF GROWTH



## IV. Move Beyond Your Own \_\_\_\_\_ Beliefs

A. Charles Schwab said, “When a man puts a limit on what he will do, he places a limit on what he can do.”

B. Discuss these steps to transforming limiting beliefs into empowering beliefs:

1. \_\_\_\_\_ a limiting belief that you want to change.
2. \_\_\_\_\_ how that belief limits you.
3. \_\_\_\_\_ how you want to act, feel, or think.
4. \_\_\_\_\_ a “turn around” statement that affirms or gives you the permission to act, feel or think differently.

## V. Add Value to \_\_\_\_\_

## VI. Do The \_\_\_\_\_ Even If It’s The Hard Thing

## VII. Practice A Small Discipline Daily In A Specific Area Of Your Life

## VIII. Celebrate Small Victories

## IX. Embrace A \_\_\_\_\_ For Your Life Based On What You Value

## X. Practice the \_\_\_\_\_ Strategy



## XI. Take \_\_\_\_\_ for Your Life

### OVERCOME GROWING PAINS

*(Specific Steps to Amazing Growth)*

- **Make a list of your best personal qualities.**
- **Review this list daily and add more as your awareness of yourself rises.**
- **It is known that “self-talk” has a powerful effect on those who practice it: Negative self-talk to the negative and positive self-talk to the positive.**
- **Write down some positive self-talk narratives that you can review each day.**
- **Find a place to display positive statements about yourself that you can read each day. Track how often you practice positive self-talk.**
- **Make specific scheduled time each day to focus on others. Write down other people’s positive qualities and find a way to mention these things to them.**
- **Find specific activities that by their nature focus on other people.**

**Read the next chapter this week – *The Law of Reflection***