

Define Yourself

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ARE YOU IRRESISTIBLY ATTRACTIVE TO YOURSELF?

How can you possibly be attractive to others if you are not attractive to yourself?

Get rid of anything that keeps you from being super attractive to yourself. This will free up your time to spend doing the things you want to do rather than patching up things you have unconsciously done. It eliminates the backlash of self-sabotage.

Become incredibly selfish. This is not to mean become full of yourself; rather, choose to regard who you truly are as valuable enough to nurture. Fill up your soul and yourself from the inside and then you can be truly generous to others. Understand the distinction between you and your roles. There is more to you than being a mother, doctor, or Indian chief. Understand the distinction between your needs and what you want. Put your self first.

The idea here is the more in sync you are with who you truly are the more attractive you are to others and the more generous you will be because you can afford it. You will probably feel like you need less from others and get more.

You become more selfish by simplifying or eliminating things in your life. Learn to say

Self esteem principles

Have you struggled with your ability to cope with life challenges and your sense of competency to do so? Well I certainly have.

Do you lack confidence in your worthiness for love, success, respect, or happiness?

I have found Nathaniel Branden's book "The Six Pillars of Self-esteem" clear, direct and insightful. Here is my brief take on it.

If you are following a life that is out of alignment with what you believe in, and value, then it is difficult to live in integrity and feel good about yourself.

Since self-esteem is a consequence of your behaviors, to have greater self-esteem you need to

"no". Practice under-committing. If you are clear on who you are and what you want, people will respect this and appreciate it.

Stop being with people who drain your energy. Stop doing things you do not want to do. Start creating a reserve of energy by nurturing your selfishness and eliminating energy drains. This reserve will free you up to add value to others and live a more joyful life.

Spend the next week doing something extremely selfish every day. You deserve it. Make a list of seven things you want, but have not let yourself have. Each day get one of those things. The idea is to not talk yourself out of what you want but attain it without caprice, but selfishly. Treating yourself well is a strong strategy for wellness.

At week's end you will find that your actions were not greedy or irresponsible but were consistent with being good to number one, you.

Being selfish and creating a reserve of energy will free you up to discover your individual talents and gifts. Think of your talent or gift as something you offer yourself, and something you offer the world, something that is uniquely you.

Many of these thoughts come from Thomas Leonard, in his book "The Portable Coach". Many consider him the father of coaching.

practice the following:

1. Live your life consciously-live mindfully.
2. Accept yourself- be kind to yourself about your mistakes, listen to what they tell you.
3. Take responsibility for everything in your life: actions and inactions. You owe it to yourself; the world does not owe you.
4. Live on purpose- have a vision, not only at work but also in your personal life, and work it.
5. Live in integrity- behave according to our values and beliefs
6. Be assertive- have courage to confront.

Articles:

- * Are you irresistible?
- * Self esteem principles.
- * 10 steps to a stronger you.

Distinction:
Selfishness vs. selffulness.

Simple Truth

"I have learned from experience that the greatest part of our happiness or misery depends on our dispositions and not on our circumstances."

Martha Washington



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Check out defineyourself-coaching.com website with helpful tips, inspirations, and clues for growth and fulfillment.

Beginning July 6th I will lead a 4 -week class at El Camino College titled "Advanced Personal Development."

You are always welcome to e-mail me with any questions or thoughts.

! 0 STEPS TO A STRONGER YOU

1. *HAVE NOTHING UNRESOLVED PERSONALLY OR IN BUSINESS.*
2. *LIVE YOUR LIFE FULLY IN INTEGRITY*
3. *RECOGNIZE YOUR NEEDS AND GET THEM MET, COMPLETELY.*
4. *SET BOUNDARIES WHICH ARE AMPLE AND AUTOMATIC.*
5. *RAISE YOUR STANDARDS AND EXCEL.*
6. *DON'T PUT UP WITH ANYTHING-EVER.*
7. *CHOOSE TO COME FROM A POSITIVE PLACE.*
8. *SURROUND YOURSELF WITH A NURTURING FAMILY, CHOSEN OR REAL.*
9. *BE IN A COMMUNITY THAT INSPIRES YOUR DEVELOPMENT.*
10. *ORIENT YOUR LIFE AROUND YOUR VALUES.*

IF YOU ARE LIVING A MEANINGFUL LIFE YOU MUST HAVE A STRONG PERSONAL FOUNDATION. HAVING THIS STRONG SENSE OF SELF ALLOWS YOU TO BE MORE FULLY YOURSELF BECAUSE YOU ARE NOT CONSTANTLY WORRYING ABOUT THE FUNDAMENTALS OF YOUR LIFE YOU WILL HAVE THE ENERGY AND TIME TO FOCUS ON THE TASK AT HAND.

Join me at El Camino College for : "Advanced Personal Development."

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DISTINCTION: Selfishness vs. selffullness

Selfishness is about filling up your soul and your self from the inside.
Selffullness is ego driven and comes from the outside.



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