



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 Positive Self-Esteem

- A. Self esteem is the single most significant key to a person's behavior
- B. Low self esteem puts a ceiling on our potential
- C. The value we place on ourselves is usually the value others 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 self-talk.
- 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 comparing Yourself To Others

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

THE 15 INVALUABLE LAWS OF GROWTH



IV. Move Beyond Your Own Self-Limiting 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. Identify a limiting belief that you want to change
2. Determine how that belief limits you.
3. Decide how you want to act, feel, or think
4. Decide a “turn around” statement that affirms or gives you the permission to act, feel or think differently.

V. Add Value to Others

VI. Do The Right Thing Even If It’s The Hard Thing

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

VIII. Celebrate Small Victories

IX. Embrace A Positive Vision For Your Life Based On What You Value

X. Practice the One Word Strategy



XI. Take Responsibility 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*