

Alex Allmon

♀ LIFE LOVE PASSION ♂

# 9 Steps For Building Your Power To Believe In Yourself

**Practical Exercises To Amp Up Self-Esteem & Create More Success In Every Area Of Life**

# The Power Of Believing In Yourself

Accomplishment/Failure

Insider/Outsider

Power/Impotence

So which came first, the chicken... or the egg?



“Janusian”

You will never get to “complete” self-acceptance, self-love, or self esteem...  
**It's not a goal, it's a practice.**

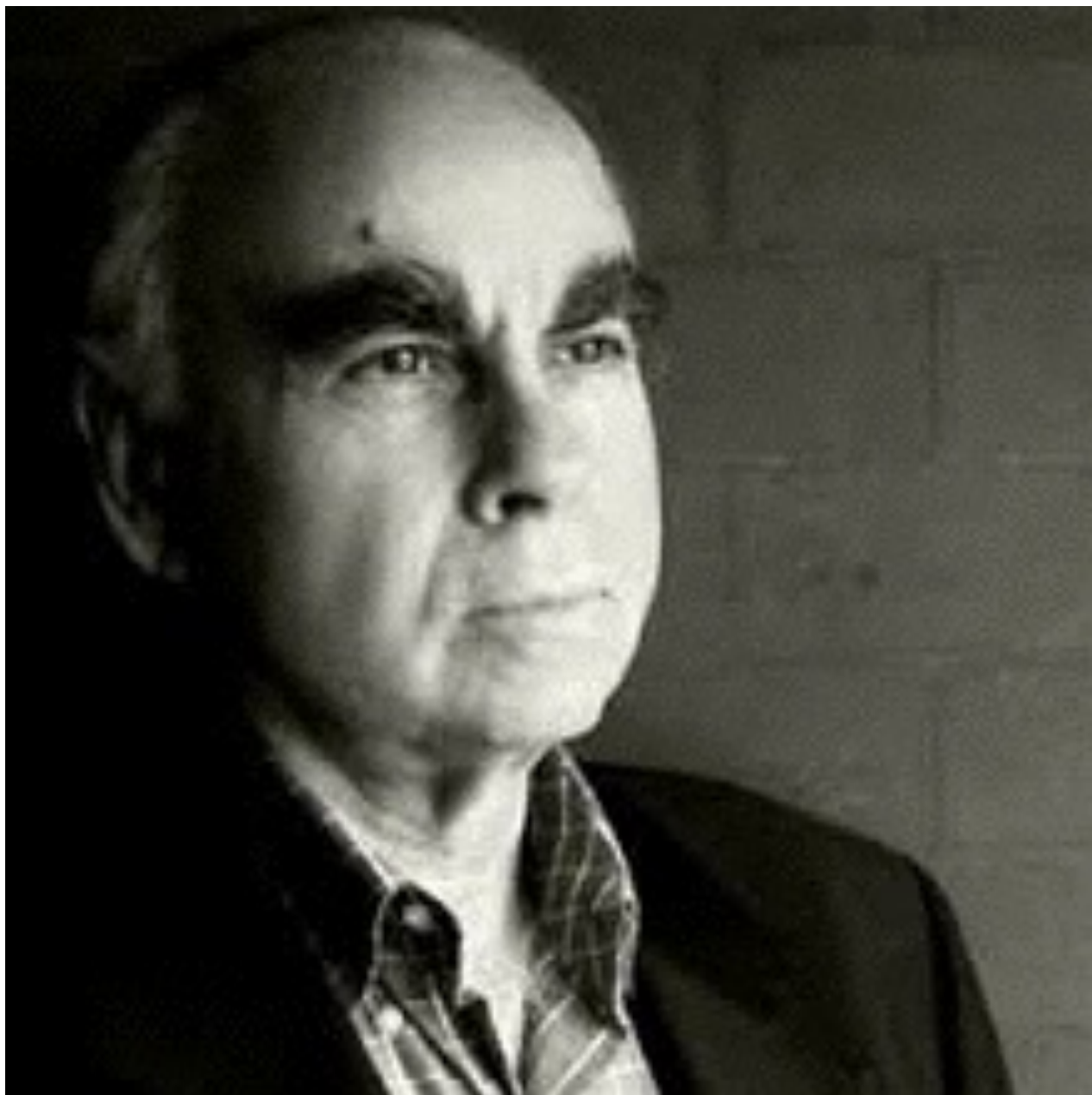
What's the significance of that?

1) Find your “secret excuse”

"It's not what you don't know that's the problem--  
it's what you DO know that just ain't so."

- Wyatt Woodsmall

[www.facebook.com/DrWyattWoodsmall](http://www.facebook.com/DrWyattWoodsmall)



There must be something to base my self-esteem on?

Right??



## 2) Exercise: Memento Mori

Recognize that you are unique, sacred, and terrifyingly temporary

You literally have nothing to lose

Refuse to wait and live RIGHT NOW

Perspective

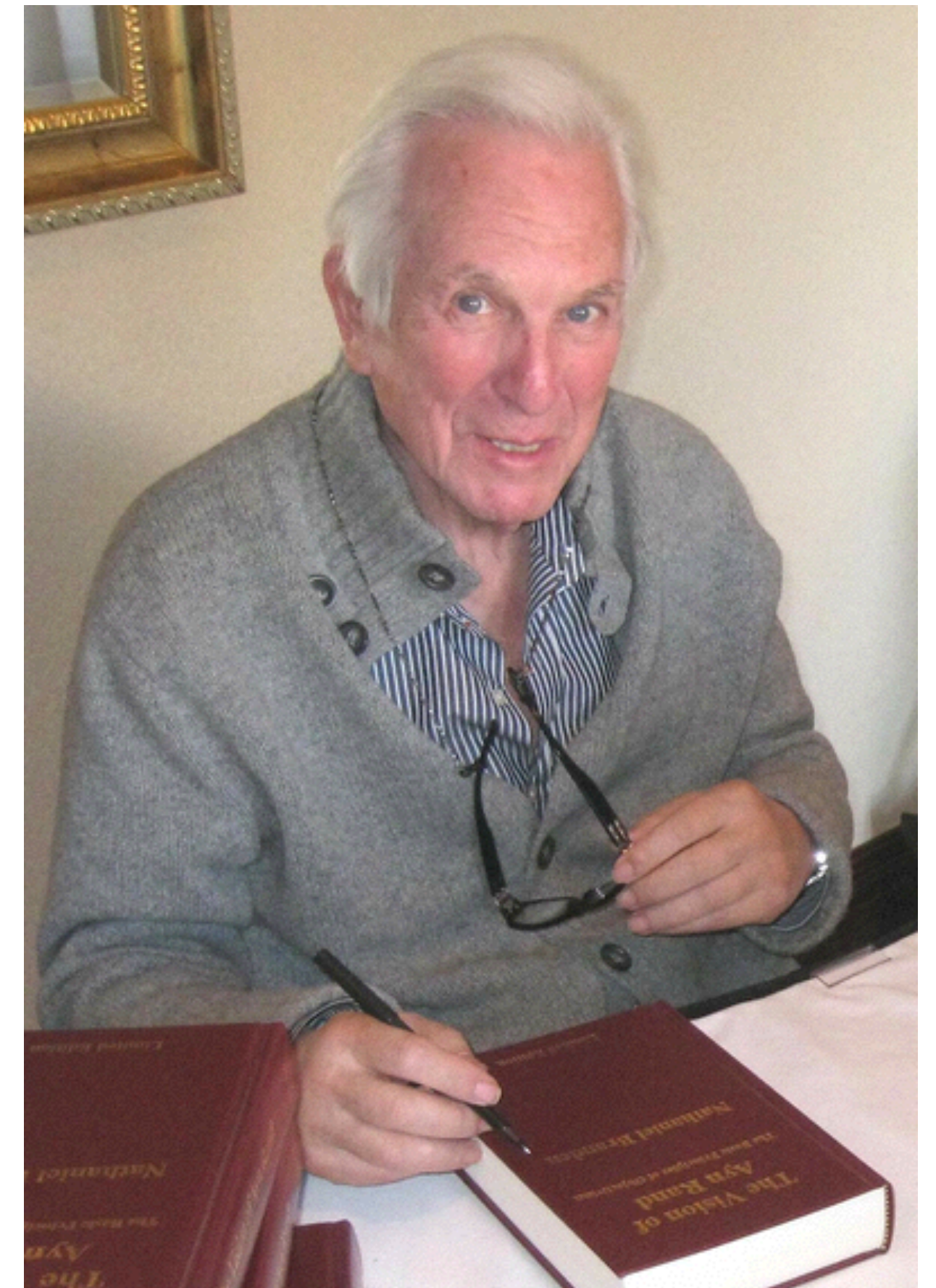


### 3) Sean Stephenson: Self Care

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



## 4) Nathaniel Branden: Sentence Completion Technique



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

- If I am 5% more self-accepting today...
- If I take 5% more responsibility for my choices and actions today...
- If I bring 5 percent more awareness to my daily thoughts and actions...
- If I brought 5% more recognition to the dignity and worthiness of my deepest needs and wants...
- If I honored my own life just 5% more...
- If I bring 5 percent more awareness to my important relationships...
- If I am 5% more accepting of all of my parts...
- If I take 5 percent more responsibility for the level of my self-esteem...
  
- Weekend: If any of what I wrote this week is true, it might be helpful if I...

## 5) Alex Allman:

“THE DEEPEST SOURCE OF AUTHENTIC CONFIDENCE that I am aware of begins with coming to relaxed and positive terms with being a human, and all of the messiness and flaws and contradictions that this condition entails.”



[www.AlexAllman.life](http://www.AlexAllman.life)





6) Annie Lalla:  
Where is the Universe smuggling "I love you"

Where are you saying “no thanks” to love?

Where are you denying yourself joy? significance? freedom?

- because you don't deserve it
- because you don't believe it
- because you're too busy for it
- because indulging in joy is frivolous, wrong, self-indulgent, weak

“Become a detective” of the hidden “I love you”

from people

from events

from circumstances

from nature

# **7) Anthony Robbins:**

## **Gratitude Practice**

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







**Farther**

8) What If...

Eben Pagan:  
Self Appointment

<http://getaltitude.com/>

9) You will never get to “complete” self-acceptance, self-love, or self esteem...  
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