

Your positive self-image is a major key to your future success. Developing a positive self-image is based on the principle that each of us is the product of what we think and believe about ourselves. The more positive your self-image, the more opportunities you will have to achieve success. Eventually, all of us have to come to grips with how we see ourselves. How do you see yourself? When you look into the mirror, what do you see? This is a very important question and you should really take a moment and think about it.

Your self-image determines how you see yourself, the world, and life in general. How you see yourself determines how you will function in life. You must have a visual photograph of what you want to become, achieve, or possess in your future. Why? Because you are motivated to become what you picture yourself to be.

CONFIDENCE COACHING KEY:
**You are motivated to become what you
picture yourself to be.**

Your behavior is a mirror image revealing your self-portrait. If you see yourself as a champion in life, you will be motivated to develop all the positive qualities and actions of a winner. However, if you see yourself as a loser, you will continue to experience one failure after another in life.

If you see yourself as being ignorant, you will always have difficulty with your ability to study, read, and learn new facts. Then you will develop an attitude of "I have a hard time reading and studying." Therefore, you will not even try. If you see yourself as being poor, you will continue to live in poverty. If you see yourself as a klutz in sports, you will fumble all over yourself on the court. If you see yourself as a poor communicator, you will always have a hard time developing relationships with other people or speaking in front of crowds. The more you tell yourself that you are ugly, hopeless, worthless, a failure, or unable to do something, the more deeply embedded that self-image becomes.