

LIFE ACHIEVEMENT ACADEMY

LESSON 3

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Our beliefs form our expectations

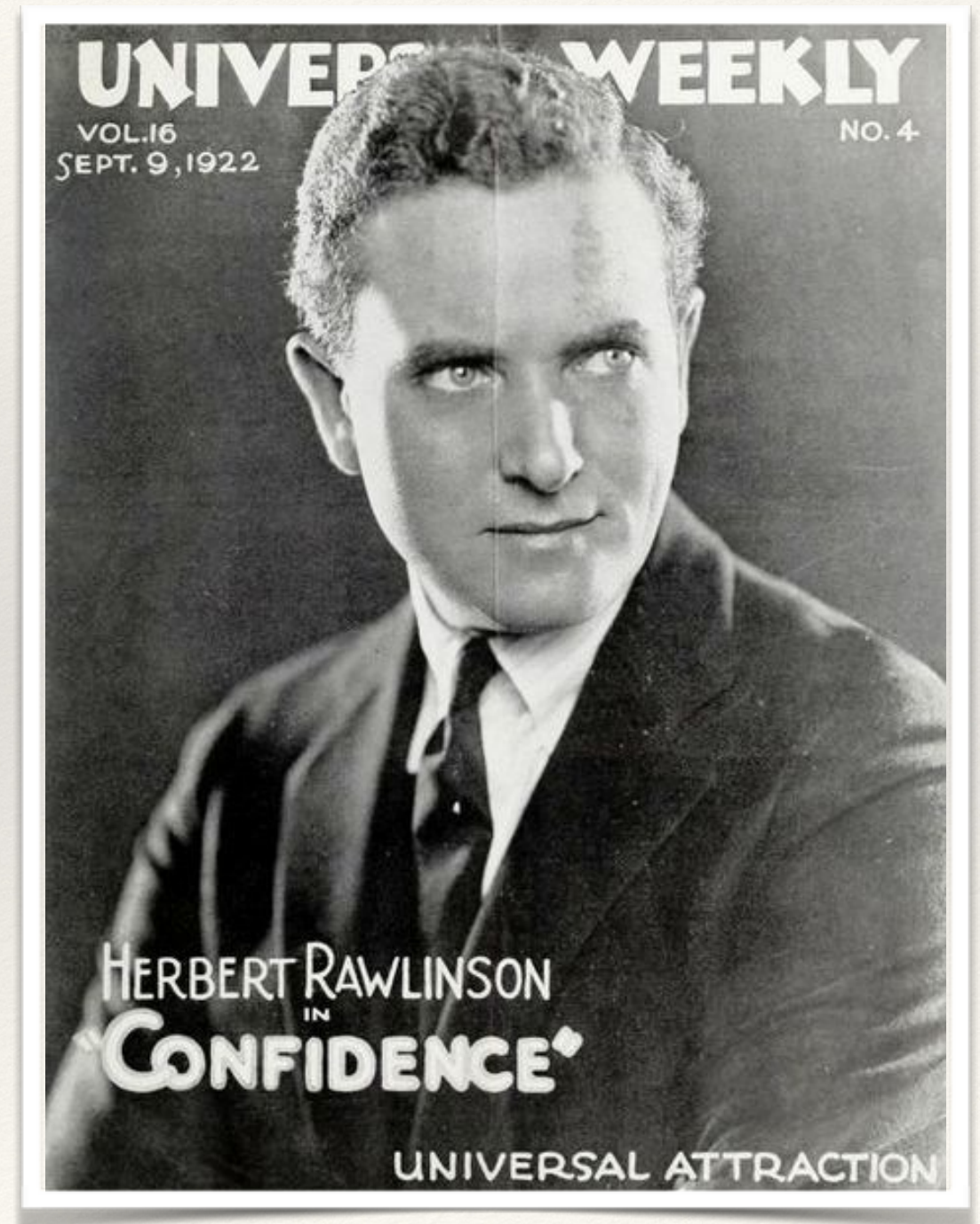
Our expectations come from how we view ourselves

- ❖ The way we view ourselves has come from what we have been hearing from other people throughout our lives
- ❖ And from what we have chosen to accept as true and real from what we have been hearing from others and from our own negative self talk.
- ❖ We view ourselves through the eyes of the sum of what we and others have planted in our minds.

We have views of ourselves for every field and aspect of our life

These have become our beliefs, and through these beliefs that we have of ourselves, we will always behave.

We can never behave in a better way than we believe we can, and we can never achieve better results than we believe we can in any given situation.



It is always WE that are limiting ourselves
through what we believe we can achieve
and what we believe we can't achieve.



To change our belief in ourselves;

**We need to change our
perception of ourselves.**

And to change how we **feel**
about ourselves.

Because how we **feel** about
ourselves is the basis to all of
the choices we make in life

Our self esteem comes from how we feel about ourselves

Self esteem is all
about...

- ❖ How much we love ourselves
 - ❖ How much we respect ourselves
 - ❖ How worthy we believe we are
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A person with a low self esteem is a person
who does not love themselves enough.

Loving ourselves is such an important factor in our life because we will never be able to love another person more than we love ourselves, and we will never accept love from another person more than we love ourselves.

Therefore self esteem affects all of our interpersonal relationships.

So, how do we raise our self
esteem?

By using
AUTO SUGGESTION:

Auto suggestion:

- ❖ Was discovered by Émile Coué de la Châtaigneraie, a French psychologist and pharmacist in the beginning of the 20th century.
- ❖ It is a psychological technique which uses “Mantra-Like” conscious suggestion to be absorbed by the subconscious mind.
- ❖ The method uses routine repetition of specific suggestions, at the beginning and end of each day

Auto suggestion relies on the idea that:

Any idea exclusively occupying the mind turns into reality, although only to the extent that the idea is within the realm of possibility. For instance, a person without hands will not be able to make them grow back. However, if a person firmly believes that his or her asthma is disappearing, then this may actually happen, as far as the body is actually able physically to overcome or control the illness. On the other hand, thinking negatively about the illness (ex. "I am not feeling well") will encourage both mind and body to accept this thought. Likewise, when someone cannot remember a name, they will probably not be able to recall it as long as they hold onto this idea (i.e. "I can't remember") in their mind. Coué realised that it is better to focus on and imagine the desired, positive results (i.e. "I feel healthy and energetic" and "I can remember clearly"). (Self Mastery Through Consciousness Autosuggestion: Emile Coue' 1920)

The process of AUTO SUGGESTION:

1. Sit yourself in front of a mirror

2. Look at yourself

3. Smile

4. Start telling yourself, repeatedly, as many times as you can with enthusiasm:

" I love myself", " I love myself", " I love myself"

" I love myself", " I love myself" ...

This is called AUTO
suggestion because:

WE are the ones suggesting to our subconscious mind whatever it is that WE want to have in our lives instead of hetero-suggestion which allows suggestions to come from any exterior sources.

By using Auto Suggestion, we are ordering our subconscious mind to accept something as real.

The subconscious mind

- ❖ The word subconscious is an anglicised version of the French *subconscient* as coined by the psychologist [Pierre Janet](#), who argued that underneath the layers of critical thought functions of the conscious mind lay a powerful awareness that he called the subconscious mind.
- ❖ The subconscious mind stores information collected from our DNA holding the genetics of generations of our past ancestors; and also from everything one sees, hears and that the mind collects that it cannot otherwise consciously process to make meaningful sense. The conscious mind cannot always absorb disconnected information, as it would be an information overload, so the subconscious mind stores this information where it can be retrieved by the conscious mind when it needs to defend itself for survival, and is retrieved through thoughts called intuition or the inner voice.



Conscious Mind

Subconscious Mind

- ❖ Upon frequent repetition and faith, our subconscious mind slowly accepts our order as real, and it will use all of the resources it has available from generations of knowledge to allow it to become our reality.
- ❖ Once you start loving yourself more, you will succeed better in your relationships, with your goals, in your job and in any other field of life.
- ❖ In order to change yourself to become the ideal person that you want to become you have got to start loving yourself and respecting yourself more, and the way to do this is through auto-suggestion as often as you can.



People whom truly love themselves will have positive interactions with other people in every situation

Loving yourself is quite different than being arrogant.

Arrogant and aggressive people do not really love themselves.

Loving yourself means seeing yourself as a worthy individual who has value to give to the world.

In the next lesson we will learn where our limiting beliefs have come from in order to avoid similar situations in the future