

LAW 3: THE LAW OF THE MIRROR

A. LAW: YOU MUST SEE VALUE IN YOURSELF TO ADD VALUE TO OTHERS

What is your potential? _____

How has your potential benefitted you as a person? _____

In what ways can your potential be used to help others and the church?

B. STEPS TO BUILDING YOUR SELF-ESTEEM

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

C. SEE A BETTER YOU IN THE MIRROR

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.
