

**Dare**  
**to**  
*dream*

Self esteem and confidence building  
for busy women

**Robyn Henderson**



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to  
dream

Self esteem and confidence building  
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**Robyn Henderson**

*SELF MASTERY SERIES WITH*

**ROBYN HENDERSON**

# Networking to Win

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## DEDICATION

To all the women in the world who at times experience low self esteem and feel like doormats, allowing other people to walk all over them.



## ACKNOWLEDGEMENTS

To all those wonderful people and friends who saw my potential long before I did.

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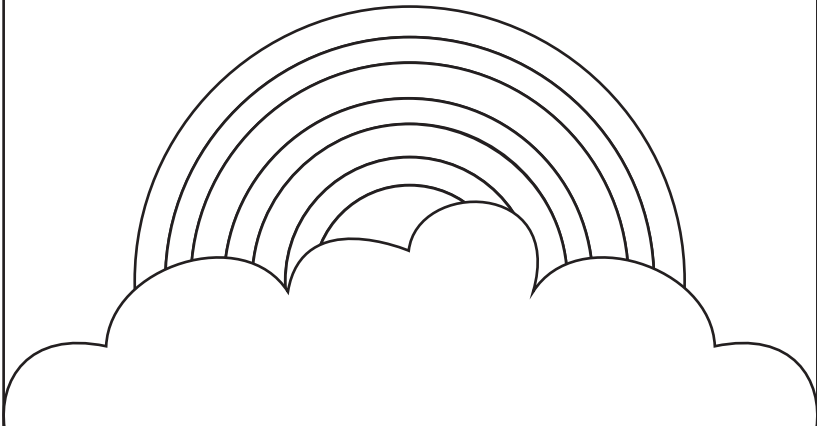
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## ***Do you regularly feel?***

1. that you are riding on an out of control merry-go-round and you can't find the stop button?
2. guilty when you say no?
3. overwhelmed when you have to make a decision?
4. as if you are in total overload and seriously need an extra 4 hours in the day?
5. as if you are an imposter and one day everyone will find out that you really aren't "good enough", "smart enough" - basically just not "enough"?

If you could just be .....

***If you answered YES to any of these questions, please keep reading ...***



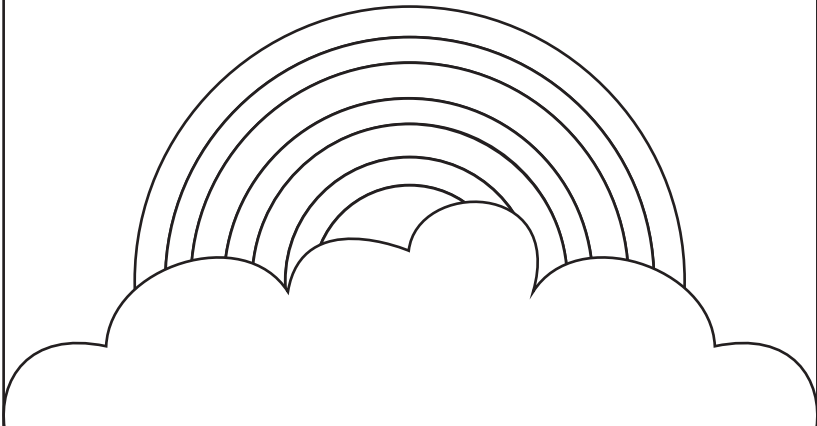
# Index

## Dare to *Dream*

How Do You Regularly Feel? .....	3	My Winning Smile .....	36
Index .....	4	Oops Face .....	38
You Are the Most Important Person in Your Life .....	5	My Empowerment Star .....	39
Self Love.....	6	Powerless Me .....	41
Self Talk .....	8	Steps to Break Behaviour Patterns.....	42
Value & Acknowledgment.....	11	Tracking Our Progress.....	43
5 Things I Like About Me .....	12	Identifying the Pain .....	44
5 Things I Would Like to Improve About Me.....	12	Today is the First Day .....	46
Personal Skills Analysis.....	13	Develop a Gratitude Attitude .....	47
Gratitude Attitude.....	14	Daily Esteem Checklist .....	48
Decision Making .....	16	Daily Checklist Entries 1-20.....	49
5 Step Decision Making Technique.....	17	Summary .....	59
Plan B Strategy .....	18	Daily Checklist Entries 21-30 .....	60
Saying No Without Feeling Guilty.....	19	Summary .....	65
Watch Your Language.....	20	Daily Checklist Entries 31-40 .....	66
You Are Not Your Job .....	21	Summary - Congratulations .....	71
Life is Not a Popularity Contest.....	22	What If? .....	72
Quick Fixes for Feeling Overloaded .....	23	A 5 Minute Daily Healthy Habit .....	73
The Big Secret.....	25	Tips on Increasing Your Self Confidence .....	75
Talking About Self Esteem .....	26	Affirmations.....	78
Your Healthy Habit Self Esteem Checklist .....	28	My Dreams & Goals for the Next 12 Months.....	79
The Me That I See .....	29	My Dreams & Goals for the Next 5 and 10 Years.....	80
The Brick Wall .....	30	You are a V.I.P.....	81
Forgiveness.....	31	Dream Big Dreams .....	82
Your Invisible Brick Wall.....	33	Moments in Life .....	83
Ray of Sunlight .....	34	Final Questions to Ask Yourself Now .....	84
How Long Will This Take? .....	35	Special Book Offer .....	86
		Order Form .....	87
		About the Author .....	88

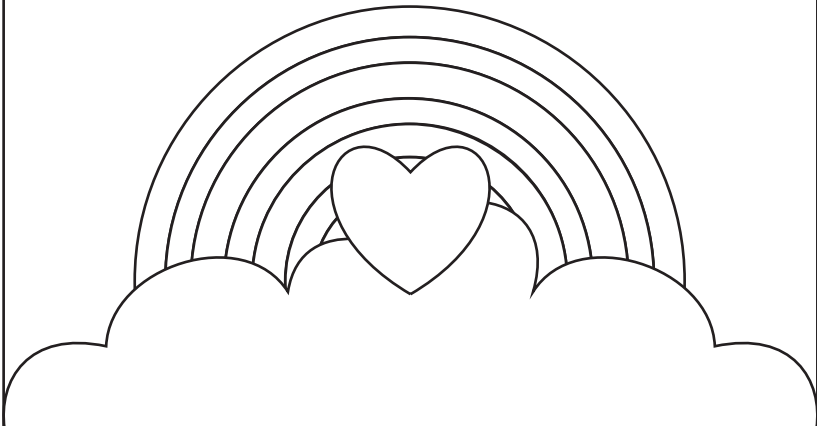
**YOU  
are the  
MOST IMPORTANT  
PERSON  
in YOUR life.**

Maybe you just  
don't think so today.  
If you don't like you, how can  
you expect anyone else  
to like you?



The greatest love affair you  
will ever have in your life is  
the love affair you have with  
yourself.

**Self love  
is the greatest  
love of all.**





# ***Self Love and Your Potential***

***Without self love you can never hope to:***

- achieve your full potential
- realise your greatest dreams
- be all that you can be
- create the life path you know in your heart you deserve

Imagine a glass of water filled to the brim.

Now imagine that glass representing your self esteem and self confidence.

The full glass represents 10/10 confidence - the best you can ever feel ...

**TOTALLY CONFIDENT**  
**TOTALLY FULFILLED**  
**TOTALLY FOCUSED**

ACHIEVING EVERYTHING  
YOU WANT IN YOUR LIFE  
with absolutely no doubts or hesitations.



## **Self talk**

Everyday throughout the world, shortly before we awaken, all of our glasses are full to the brim and overflowing with self-confidence and self-love - 10 out of 10 - that is ... before we open our eyes and start our self talk ...

Our self talk - the endless chatter in our minds - is the main thing accountable for destroying our self esteem and confidence and sabotaging our success.

We're told that 20,000 times a day we speak to ourselves and 19,000 times a day it's negative!\*

*\*A Recipe for Dreaming by  
Bryce Courtenay*



## ***Self Talk examples***

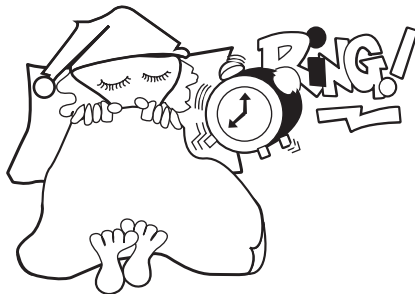
*"It's 6.30 am, I'm so stupid, I didn't set the alarm. What day is it? Oh no, this is the start of a terrible day, I just know it. I know I can never get through everything I have to do today, I'm hopeless ..."*

*"It's so cold out there, I think I'll skip my morning walk. All I want to do today is sleep, I'm just so tired, how will I ever get through the day." That's right, roll over and try to go back to sleep and then beat up on yourself for not being disciplined.*

*Under the shower ... squirt, squirt ... "Oh no, I forgot to buy shampoo yesterday - I'm hopeless, I can't remember anything."*

*"I'm not a good mother/wife/partner/employee. I'm hopeless."*

... the list is endless.



## ***Does this sound familiar?***

The common factor with all of the above is that every time we dump on ourselves, or put ourselves down, we empty a little or a lot of that glass of self esteem and confidence.

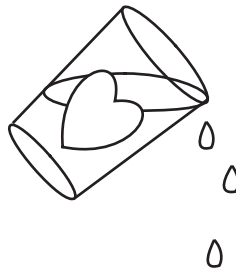
For many of us, before we even leave our homes each morning, our glass is 50% empty and leaking fast.

By the end of the day, our glass is almost, if not totally empty. We feel lousy and we look it.

Often there is no sparkle in our eyes, our shoulders are hunched, we can't be bothered ...

We feel overwhelmed, exhausted and as if we are on this very fast merry-go-round and we can't find the STOP button anywhere.

***How can we hope to be the best that we can be if we keep sabotaging ourselves with our self talk?***



## ***Value and Acknowledgement***

***This book has been written to help you start to:***

- Value yourself
- Value your achievements
- Value your failures
- Acknowledge you as the most important person in your life.
- Dare to dream big dreams  
*and, most of all,*
- to believe in you.



**Take a moment to complete these pages.**

5 things I like about me

1.....

2.....

3.....

4.....

5.....

**Well done!**

5 things I would like to improve about me

1.....

2.....

3.....

4.....

5.....

What one small thing can I do today to

improve myself? .....

.....

**Let's do a Personal Skills Analysis:**

*List 25 things that you are good at (no matter how small or insignificant you think that skill is)*

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....
- 8.....
- 9.....
- 10.....
- 11.....
- 12.....
- 13.....
- 14.....
- 15.....
- 16.....
- 17.....
- 18.....
- 19.....
- 20.....
- 21.....
- 22.....
- 23.....
- 24.....
- 25.....

*If you can't list 25 items today, you can always complete this list at another time.*

***One of the best ways we can start to improve our self esteem and self confidence is by developing a***

**GRATITUDE ATTITUDE**

We start to acknowledge the things in our world that we are grateful for.

So let's start our BE – DO – HAVE gratitude list today.

***I am grateful that I am:***

- 1.....
- 2.....
- 3.....

***I am grateful that I can:***

- 1.....
- 2.....
- 3.....

***I am grateful that I have:***

- 1.....
- 2.....
- 3.....



## **Gratitude Examples**

***Spending time with nature is a great way of triggering many of the things for which we are grateful.***

For example ...

### ***I am grateful that***

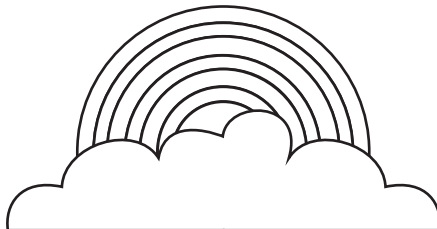
- *I saw a beautiful sunset tonight*
- *that I was able to pick a bunch of beautiful flowers from my garden*
- *that I was able to swim in the ocean today, etc. ...*

A gratitude attitude does not revolve around possessions!

The latest car or the biggest house does not necessarily make you a better or happier person.

Things cannot make you happy – only you can make you happy.

Happiness, joy and self love are an inside job – this means that as we work on our inner self, our outer self shows the results.



## ***Decision making***

Sometimes when our self esteem is low, we struggle making decisions. ***Decision making*** is an important life skill and one you need to develop as you increase your own self esteem.

At times fear is the thing that stops us making decisions confidently.

You may have experienced some of these fears from time to time :

- fear of making a mistake ...
- fear of getting into trouble ...
- fear of not being liked ...
- fear of feeling inferior ...
- fear of feeling or looking stupid ...

Do you have other fears that prevent you from making decisions?

.....

Would you consider yourself a

- confident decision maker?  
 a poor decision maker?

poor decision maker

confident decision maker



***Often we find that we are trying to fix things that aren't exactly the problem.***

It's as if we are trying to use bandaids to fix broken legs. And then we wonder why it doesn't work or solve the problem. Sometimes we feel we are constantly making poor choices and decisions.

Or even worse, we choose not to make a decision at all, which in itself can sometimes become a bigger problem.

***This FIVE STEP  
DECISION MAKING TECHNIQUE  
may help you :***

1. State the problem
2. State the facts
3. State the real problem
4. List the options, both outrageous and mainstream
5. Pick the option with the best outcome based on the facts you have

**When we start using the 5 step decision making technique regularly, we often find that the problem we were trying to solve, was in fact NOT the real problem.**

**It is always a good idea to have a:**

## ***PLAN B STRATEGY***

Sometimes situations change and the decision we make today, may be altered dramatically by events in subsequent days.

However, always have a plan B in the back of your mind.

If by chance I picked the wrong option, what could be my fallback position – my plan B.

**Plan Bs  
have saved  
many successful  
businessmen  
and women!**

# **SAYING NO WITHOUT FEELING GUILTY**

***NO! is a sentence***

*– it does not need extra words or reasons attached.*

However, if you are not strong enough at times to say no outright, you may like to use one of the following:

- no, I am not available,  
but thanks for thinking of me
- no, I have other commitments at that time
- no, that time is not available

As your self esteem grows, you will find that NO becomes a sentence for you also, and you stop thinking that you have to give a reason for saying no.

Often we are wanting to make the other person feel better about our rejection. Frequently making them feel better, makes us feel worse. Often we will say -

*"I'll try if I can ....." "*

*"I might ....." I'll see if I can.*

Forget it – you are not committed. ***Just say NO!***

## **WATCH YOUR LANGUAGE**

**Often we give our power away with our words and our actions:**

*"I'm just a ....." rather than I am currently working as a .....*

*"I'm okay at ....." but I'm not sure if I could do ....."*

*"I've only been in my own business for 3 months ..."* (totally ignoring your 20 years experience in the industry)

*"I'll try if I can ....." "*

*"I might ....." I'll see if I can.*

Forget it – you are not committed. Just say NO!

**Some words you might consider removing from your language:**

but	<b>replace with</b>	and
just a	<b>replace with</b>	I am
I have to	<b>replace with</b>	I choose to
I can't	<b>replace with</b>	I won't
I'll try	<b>replace with</b>	I will

Which words in your vocabulary constantly negate your self worth?

.....	<b>replace with</b>	.....
.....	<b>replace with</b>	.....
.....	<b>replace with</b>	.....

## ***You are not your job***

Always remember **you are not your job** – you are a person currently working or employed as a

.....

If by chance you do not receive a wage for the work you do (*e.g. mum at home, carer, business support person*) this does not mean you are not a whole person or any more worthy than a person who receives a salary.

Your self esteem does not need to be linked to your work – in fact many readers, in addition to their paid or unpaid work, are:

Mothers, sisters, daughters, cousins, aunts, grandmothers, lovers, partners, girlfriends, soul sisters, soulmates, neighbours, friends, volunteers, helpers, carers, chauffeurs, teachers checking homework, book-keepers balancing the family budget, cleaners, cooks, ironers.

What other roles do you currently do, that are not included in your paid work?

.....

.....

.....

Phew, no wonder some weeks you are exhausted.

***Remember:***  
***you are definitely NOT your job.***

## ***Life is not a popularity contest***

You don't have to be liked by everyone you come into contact with. **Life is not a popularity contest.**

Sometimes you may think when you say no to someone, or stand up for yourself, that the person will not like you ... and if your self esteem is really low that day, you sometimes go into a whole stream of irrational thoughts –

*“if they don't like me, then other people won't like me either and then I will end up with no friends, and then I will have no one to talk to or go out with etc. etc ...”*

When we are feeling strong, we can realise how crazy these thoughts are, but at the time, they are definitely rational thoughts for us.

And there are times when we are so overwhelmed that we do feel we might be a little crazy.

This is perfectly normal and no, you are not crazy, just a little overwhelmed at this moment.



## **Quick fixes for feeling overloaded**

1. Get some fresh air – spend a little time in nature, just taking deep breaths and observing the natural beauty.
2. Find a quiet place (sometimes the bathroom is the only quiet place available at the time) sit down, close your eyes and picture yourself walking along a beautiful beach, without a care in the world. Take 10 deep breaths. Try breathing in for two breaths and out for three breaths, until you feel your thoughts slowing down and you begin to feel calmer.
3. Play some gentle music if possible
4. Exercise, exercise, exercise. Although exercise is the last thing on your mind, exercising in fact recharges and stretches the body and mind. Consider a relaxing yoga, tai chi or aerobic class to really revitalise you.
5. Look at the funny side of the situation and force yourself to laugh – this has an instant effect.
6. Make a list of outrageous PLAN Bs – you will soon become so absorbed in this list you will definitely start to feel better.



7. “ME DAY” - Take out your diary and decide when you can have a ME DAY – a day devoted to **you** pampering **you** – maybe even a DOONA DAY – where you tell your boss, that you feel in need of a wellness day, to avoid needing a sick day down the track. If you can’t spare a whole day, what about half a ME DAY. You must start to make YOU the NO. 1 priority in your life. Remember if you don’t like you, how can you expect others to like you?

*continued ...*

8. **Meditate** – even if for only 5 minutes. If you are not familiar with meditation, diarise to visit your local book store, library or health shop or, search online purchase a guided meditation book or eBook, CD or mp3 (podcast).
9. **Go for a walk** – not a marathon run, just a relaxed stroll. Clear your head, change your physiology and breathe.
10. **Relaxation** - If remotely possible, soak in a warm bath, with music playing close by and ideally no distractions. If this is not possible, just imagine you are soaking in a relaxing scented bath and remember to breathe deeply.

***Breath is life***  
***Deep breathing helps***  
***us to de-stress,***  
***re-vitalise,***  
***re-charge our batteries***  
***and increase***  
***our self confidence***  
***and***  
***belief in ourselves.***

## ***The Big Secret***

***Everyone experiences low self worth from time to time - they just don't talk about it.***

***Be courageous - talk about self-esteem***

Sometimes we have irrational and crazy thoughts and we think that we are the only people in the world thinking that way. We put ourselves down, don't value our worth and let others treat us as a doormat.

***Guess what?*** that person sitting beside you on the train, driving beside you in the traffic or sitting across from you in a business meeting, looking very important and professional – all of these people also experience low self esteem from time to time – they just don't talk about it.

Many people wear a mask hiding the real person, that person who at times has insecurities, self doubts, worries and fears. They live in fear that one day, someone will discover their secret, which is of course that they at times feel as insecure as you do. If you knew their big secret, maybe you would lose respect for them. When in fact, we know now that occasional bouts of low self esteem are perfectly normal.

## ***Talking About Self Esteem***

***So, what if we were really courageous and started to talk about self esteem?***

Think about many of the women you know in your network, is self esteem something you have ever discussed? – probably not!

What if you made a list of three of these women and made a commitment to discuss self esteem with them in the next fourteen days if possible?

***What if you were really brave and started talking to these women about this book and how you came to read it?*** – Maybe it was gift or a personal purchase, maybe you saw someone else reading it and asked about it. Or maybe you downloaded the eBook.

***Self esteem is rarely discussed*** – because unfortunately many men and women see low self esteem as a weakness and they don't want to be perceived as weak.

***What if you were really brave and started talking to these women about how you feel from time to time,*** how your self esteem goes up and down just about every day?

***What if the big low self esteem secret was no longer a secret?***

## **BE WARNED!!**

Once you start discussing low self esteem with other women, don't be surprised when they say – **"ME TOO!"**

**Me2**

**Me2**

*"I feel like that too, and I thought it was only me. Wow, I thought I was the only one who felt that way, thank you for sharing with me."*

**Me2**

**Me2**

**Me2**

**Me2**

And then you will know that you aren't the only woman in your suburb, city, town, state or country that feels low from time to time, there are **Me2s** all over the country.

***What if we changed our belief system about low self esteem*** and decided that it was a temporary flat spot that we passed through from time to time? And we started to realise that everyone world wide experienced low self esteem at some stage in their day. Those little moments when things didn't go to plan. We made a mistake, got rejected, slipped up, missed out, felt sad, alone or fearful, whatever incident triggered this thought or emotion.

***And what if we introduced a 5 minutes per day healthy habit?*** ... almost a system, you might say, where we knew that we could boost our own self esteem – no matter how flat we felt at that time.

## ***Your Healthy Habit Self Esteem Checklist***

Reports show it takes 21 days to make or break a habit.

The **DAILY PAGES** at the back of this book are deliberately dateless. You complete the date, the day and **“your day”**.

This is not a diary as such - it's more like a journal. *You may miss a few days here and there.*

However, we hope that writing every day in your **Dare to Dream** book/journal will become a habit for you.

As a result, the negative self talk will be replaced by continual positive encouragement.

You may realise now that you have experienced low self esteem for days, weeks, months or years ...

Whether you are a high flyer in the corporate world, an unemployed woman, factory worker or shop assistant, a victim of violence, a confused parent or partner ...

**YOU NEED TO VALUE YOUR  
WINS & LOSSES DAILY AND  
BELIEVE IN YOU  
NOW!**



The me  
that I see  
is the me  
that I'll be.



Energy follows thought ...

what you think about  
is what  
you create  
in your life.

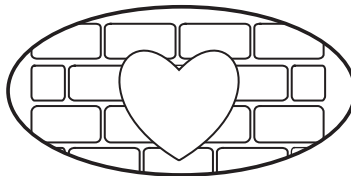
## ***The Brick Wall***

None of us are as good as we will ever be ... yet.

We keep growing, keep learning, winning, laughing, loving.

***Hold on ... not all of us LOVE - some of us have forgotten how ...***

***Many of us have built a brick wall around our heart.***



We may have initially built it for protection. Someone hurt us (physically or emotionally), disappointed us, betrayed us ... any one of a million scenarios.

***Someone we loved and trusted hurt us - so we will do everything we can to avoid that pain again.***

Sometimes we cannot even recall what the painful event was. Our subconscious has done such a great job of blocking it out that it is buried under layers and layers of pain and unhappiness and low self-worth.

*... continued*



Sometimes we **can** recall this painful memory or experience - we go over it again and again in our minds ...

*"He said ... she said ... then he did ..."*

*"I lost my job ... it should not have happened ... he could have helped me last year ..."*

Some of us are obsessed with the past, not realising the habit is draining our energy, power and self love.

**It's happened, it's over - we must learn to**

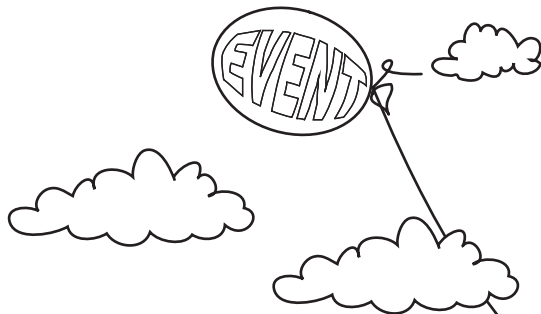
***FORGIVE FOREVER.***

***We can't change anything about it - it's over.***

***We need to move on...***

Imagine the event floating in a balloon above your head. You are holding the string and keeping the balloon tied to you. Let the string go and let the past experience go. There is nothing you can do to change a past event. It is over! We may never forget the incident - but we do need to forgive NOW!

Don't waste another moment dwelling on the past.



Live today, today,  
not yesterday,  
not tomorrow ...

***Live today, today.***



Start living in the  
moment -  
we must let go of  
the past.

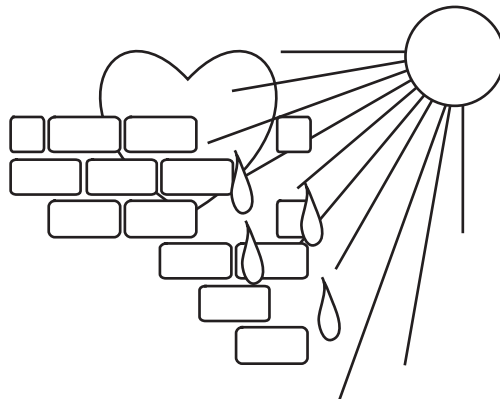
## ***Your invisible brick wall***

**Rather than learning to forgive, we choose to build an invisible brick wall around our heart ...** many of us hide behind this brick wall and protect ourselves from ever feeling pain again.

Imagine all these bricks are made of ice - frozen solid like a freezer badly in need of defrosting.

Now, imagine a ray of sunlight forming itself into a blow torch directed at your heart.

Slowly, gradually, ever so gently, the sun rays melt the ice, brick by brick ...



## ***This book is that ray of sunlight***

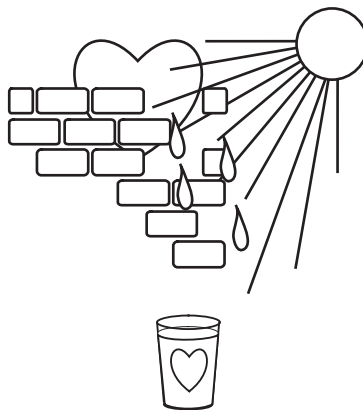
**Day by day, as you record your wins, no matter how small, a little bit of that ice melts.**

The levels of your glass of water (*representing your self esteem / self worth*) stay higher for longer. Until most days the level remains full to the brim and overflowing.

The overflow will be caused by all those icy bricks melting around your heart.

As you begin to like yourself more, you will find that you are much happier, more positive and life in general becomes much easier for you. Your thoughts will become much more positive and your self esteem will increase. People will begin to see you in a very positive light.

Plus, you will stand out from others who may be negative and lacking confidence. You will also find that you attract lots of positive people into your life and start to have a lot more fun.



## ***How long will this take?***

We estimate a maximum of **five minutes a day** is all it should take to let the sun start to shine internally via this book.

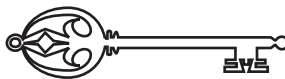
***Every day (for forty days) we ask you to complete each section briefly.***

Only a few words are required ... it's the fact that you regularly record them that is the powerful key.

You may also consider including your families or friends in this system. Each night as you share a meal or conversation, **ask the following questions** - and be sure to listen to the answers.

1. What was my win for the day?
2. What did I learn from any "oops" - mistake?
3. Who did I empower today?
4. Who did I allow to disempower me?
5. What am I grateful for today?

You will learn so much about each other and help everyone to boost their self esteem.



***Use the following "keys"  
in your recordings to help you ...***





## ***My winning smile!***

**What was my biggest WIN for the day?**

*(no matter how small)*

### ***Examples:***

- I looked for a job where I know I will be happier and more valued.
- I completed .....(a task) under difficult circumstances.
- I went for a walk during my lunch break.
- I spoke to my family about having some **Me Time.**
- I found out about a meditation course in my area
- I courageously talked to my friend about my self esteem doubts and as predicted she said – Me too!

.....

.....





## ***My winning smile!***

### ***BIG WINS!***

- I started walking for 30 minutes today - because I know the fitter and healthier I am, the better I will feel.
- I cleaned out the garage.
- I sent a Thank You card to the manager when I found out I didn't get the job. I wrote *"thank you for the interview - I was looking forward to working with your organisation. If the successful applicant does not work out, please call me - I'm very keen."*
- I got a job - the perfect job for me!

### ***Recording your "WIN" for the day ... no matter how small ... is very important.***

We often dismiss our successes. However, if we record them regularly, then on our days of doubt (*and we all have those days when our thoughts may be unusually negative*), we can achieve an instant and natural high by scanning our past **"Wins and Victories"**.

*"That's right, if I could do THAT last month, of course I can do THIS today. I'll just face my fears and get on with it!"*





## **This is the “oops” face.**

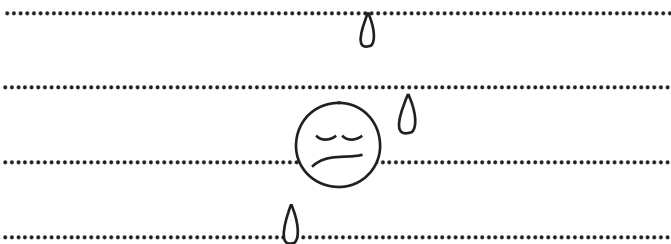
*Oops, I made a mistake, I stuffed up - maybe I even FAILED. That's OK ... if I never fail, I never grow.*

## **What did I learn from my “oops”?**

I'll have to be more prepared next time.

*For example:*

- I said yes knowing that I will be overcommitted time wise.*
- I let myself get a bit depressed when I found out I did not get that job I applied for.*
- I forgot to take my business cards to the networking function today.*
- I forgot to take some deep breaths when I was nervous in the meeting I attended. As a result I know I didn't give a good impression.*
- I did not make a note of the special job I had to do today for my boss and as a result I forgot to do it.*







***My Empowerment Star -  
an unexpected act of kindness every day.***

Just as we may have built an icy brick wall around our heart, if we look around, we are surrounded by people who have done the same.

Maybe it's our partner, family members, work mates, new or old friends.

We should ask:

*"How can I brighten their day?*

*Make them feel special?*

*Let a little bit of my sunshine into their life?"*

There is an abundance of sunshine and love for everyone ... all we need to do is share it.





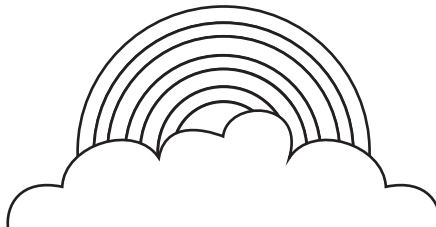
## ***My Empowerment Star ...***

### **Examples:**

- *Give them a compliment on their appearance*
- *Acknowledge their latest achievement, no matter how small*
- *A smile, a greeting, a pat on the back*
- *Calling someone by name - particularly those people working in a service industry and wearing a name tag. These people rarely get recognition on the job.*

**It takes so little to make other people feel special.**

**How many people's lives did I brighten or positively influence today?**



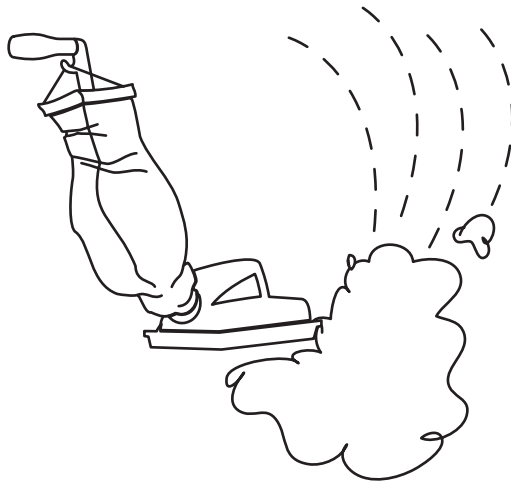


## ***Powerless Me***

**When we allow someone to upset us, whether it be a family member, friend - sometimes even a total stranger - we allow them to take our power ...** just like a vacuum cleaner sucking up dirt.

We are letting someone take away our energy and our power. Many of us literally give this power away the minute we see this person's face or hear their voice (*on the telephone*) or we bump into them in the street.

***Allowing them to upset us has become such a reflex action, we don't even stop to think about what we are doing.***



## ***Steps to break behaviour patterns.***



The first step in breaking this behaviour pattern is **identifying it.**

By recording this daily, we can record the name of the people who we are regularly allowing to disempower us.



The second step is **making a decision to take your power back.**

***They don't deserve this power - ever!  
We are all equal.***

**Look closely.**

Maybe their icy blocks are so frozen solid around their heart that the only way they can feel good each day is by subconsciously making you feel bad.

***Identify the energy / power  
zappers in your life and decide  
to take your power back now!***

## ***Tracking our progress***

I feel today was a  $\frac{\quad}{10}$  day.

Over a 20/30/40 day period we can track our progress.

In the first 10-20 days of recording our “feelings”, if we are honest with ourselves, maybe we feel lousy, sad, lonely, scared - 5/10.

***For many of us,  
when feeling gets too painful,  
we STOP FEELING  
and START DOING.***

The **DOING** may consist of eating, drinking, smoking, taking drugs (*recreational or prescription*), watching endless TV, shopping with money we can't afford to spend, or even sleeping all day.

All these things to avoid feeling any emotion.



## ***Identifying the pain***

Personally I have been able to identify many times in my life, when I kept doing many unproductive things, rather than get in touch with my feelings.

While you are working on building your self esteem, from time to time, you may be feeling angry, annoyed, disappointed, disillusioned, sometimes even a little depressed and sad.

One of the biggest challenges we face with low self esteem is that we think we are the only person experiencing it. This is perfectly normal.

***LOW SELF ESTEEM  
is experienced  
world wide.***

And the more you acknowledge and talk about your feelings, the sooner you will be feeling a lot more positive and energised.

Sometimes getting in touch with our feelings can be painful, for a short time.

However, you need to know that:

***Pain is a gift  
that  
forces us  
to do good things  
to  
ourselves.***

You may consider spending an hour or so with a pen and paper, where you describe what you want your life to look like.

At the same time, record how you feel about these future possibilities.

Rest assured, it's perfectly natural to feel a little scared, nervous or apprehensive about a future where you are confident, self assured and "up" most of the time.

# ***TODAY IS THE FIRST DAY OF THE REST OF YOUR LIFE***

Imagine drawing a line in the sand. From today on your life can be different, if you want it to be. What happened yesterday, last week, last year is over – you can't change it.

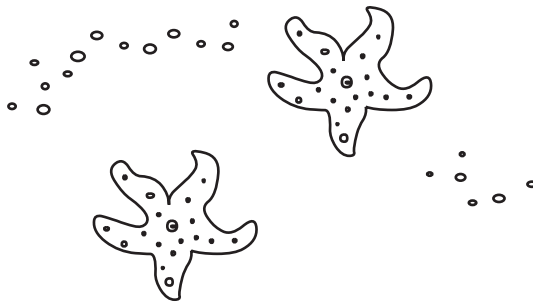
You may not be proud of some past actions, or missed opportunities. However, today is a new beginning for you, a new start - if you choose it to be.

**You need to forgive yourself** first for all those things that you said or didn't say, the actions you regret, all the things that keep your thoughts back in the past.

It's over, it's done, you can't change the past.

But, **you and only you can create your future.**

***The rest of your life  
is up to you!***







## ***Develop a Gratitude Attitude***

One of the best ways we can start to improve our self esteem and self confidence is by developing a **Gratitude Attitude**. Every day when we list simple things that we are grateful for we will realise just how fortunate we are. We only have to think of those less fortunate than ourselves, to start to feel better.

When we spend time in nature, we have an opportunity to really experience **gratitude** at its best. You may like to schedule in the viewing of a sunrise at least once a week – a daily miracle that we take for granted. A walk in the park, along the beach, sitting under a tree listening to the birds – how blessed we truly are.

We have so much to be grateful for – and we only have to list one of those items every day for the next 40 days.



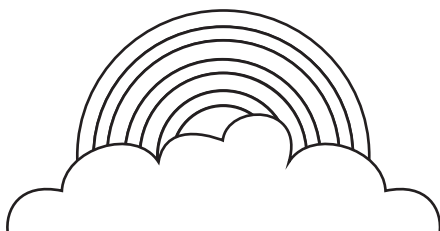
## **DAILY SELF ESTEEM CHECKLIST**

*Your daily self esteem checklist will keep you focused on boosting your self worth.*

*It will also give you an opportunity to give yourself a daily pat on the back.*

*You will find that you become the change that you want to see in others.*

- Learn to love yourself and others
- Stop doing and start feeling
- Give yourself daily recognition
- Face your fears and make your dreams and your goals greater than your fears
- Give yourself permission to be the best that you know in your heart you can be
- Dream daring dreams
- Realise that busyness does not equal success. A balanced life equals success.
- Success and freedom are being content with what you have NOW.
- Free your heart from hate.



## DAILY SELF ESTEEM CHECKLIST

Entries 1-20

Day ..... Date



 MY WIN

 OOPS

 EMPOWERED

 DISEMPOWERED

 GRATITUDE

I feel today was a  $\frac{\quad}{10}$  day.

## DAILY SELF ESTEEM CHECKLIST

Day ..... Date



 MY WIN

 OOPS

 EMPOWERED

 DISEMPOWERED

 GRATITUDE

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Entries 1-20

Day ..... Date



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Entries 1-20

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## DAILY SELF ESTEEM CHECKLIST

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## DAILY SELF ESTEEM CHECKLIST

Entries 1-20

Day ..... Date



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## DAILY SELF ESTEEM CHECKLIST

Day ..... Date



 MY WIN

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 DISEMPOWERED

 GRATITUDE

I feel today was a  $\frac{\quad}{10}$  day.

**DAILY SELF ESTEEM CHECKLIST**

**Entries 1-20**



Day ..... Date

 MY WIN

 OOPS

 EMPOWERED

 DISEMPOWERED

 GRATITUDE

I feel today was a  $\frac{\quad}{10}$  day.

**DAILY SELF ESTEEM CHECKLIST**



Day ..... Date

 MY WIN

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I feel today was a  $\frac{\quad}{10}$  day.

**DAILY SELF ESTEEM CHECKLIST**

**Entries 1-20**



Day ..... Date

 MY WIN

 OOPS

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 DISEMPOWERED

 GRATITUDE

I feel today was a  $\frac{\quad}{10}$  day.

**DAILY SELF ESTEEM CHECKLIST**



Day ..... Date

 MY WIN

 OOPS

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 DISEMPOWERED

 GRATITUDE


I feel today was a  $\frac{\quad}{10}$  day.

**DAILY SELF ESTEEM CHECKLIST**

**Entries 1-20**

Day ..... Date



 MY WIN

 OOPS

 EMPOWERED

 DISEMPOWERED

 GRATITUDE

I feel today was a  $\frac{\quad}{10}$  day.

**DAILY SELF ESTEEM CHECKLIST**

Day ..... Date



 MY WIN

 OOPS

 EMPOWERED

 DISEMPOWERED

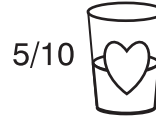
 GRATITUDE

I feel today was a  $\frac{\quad}{10}$  day.

# Congratulations!



**You have made 20 daily entries in your book.  
How full is your glass today?**



Are you feeling fearless enough to set a goal today about something you really want in your life and prior to today have never been brave enough to admit?

YES (go to A) NO (go to B)

(A)  Yes, today I am fearless and I feel .....

.....

My goal is .....

by (time frame) ..... I am

.....

.....

(B)  No, I like me today more than I did 20 days ago, but, I'm still a bit scared about asking for what I want.

Ask me in another 10 days.

**DAILY SELF ESTEEM CHECKLIST**

**Entries 21-30**



Day ..... Date

 MY WIN

 OOPS

 EMPOWERED

 DISEMPOWERED

 GRATITUDE

I feel today was a  $\frac{\quad}{10}$  day.

**DAILY SELF ESTEEM CHECKLIST**



Day ..... Date

 MY WIN

 OOPS

 EMPOWERED

 DISEMPOWERED

 GRATITUDE


I feel today was a  $\frac{\quad}{10}$  day.

**DAILY SELF ESTEEM CHECKLIST**

**Entries 21-30**



Day ..... Date

 MY WIN

 OOPS

 EMPOWERED

 DISEMPOWERED

 GRATITUDE

I feel today was a  $\frac{\quad}{10}$  day.

**DAILY SELF ESTEEM CHECKLIST**




Day ..... Date

 MY WIN

 OOPS

 EMPOWERED

 DISEMPOWERED

 GRATITUDE

I feel today was a  $\frac{\quad}{10}$  day.

**DAILY SELF ESTEEM CHECKLIST**

**Entries 21-30**



Day ..... Date

 MY WIN

 OOPS

 EMPOWERED

 DISEMPOWERED

 GRATITUDE

I feel today was a  $\frac{\quad}{10}$  day.

**DAILY SELF ESTEEM CHECKLIST**



Day ..... Date

 MY WIN

 OOPS

 EMPOWERED

 DISEMPOWERED

 GRATITUDE

I feel today was a  $\frac{\quad}{10}$  day.



**DAILY SELF ESTEEM CHECKLIST**

**Entries 21-30**



Day ..... Date

 MY WIN

 OOPS

 EMPOWERED

 DISEMPOWERED

 GRATITUDE

I feel today was a  $\frac{\quad}{10}$  day.

**DAILY SELF ESTEEM CHECKLIST**



Day ..... Date

 MY WIN

 OOPS

 EMPOWERED

 DISEMPOWERED

 GRATITUDE

I feel today was a  $\frac{\quad}{10}$  day.

**DAILY SELF ESTEEM CHECKLIST**

**Entries 21-30**



Day ..... Date

 MY WIN

 OOPS

 EMPOWERED

 DISEMPOWERED


 GRATITUDE

I feel today was a  $\frac{\quad}{10}$  day.

**DAILY SELF ESTEEM CHECKLIST**



Day ..... Date

 MY WIN

 OOPS

 EMPOWERED

 DISEMPOWERED

 GRATITUDE

I feel today was a  $\frac{\quad}{10}$  day.

## ***Congratulations!***



**You have made 30 daily entries in your book.**

You are now starting to believe more in yourself than you did 30 days ago - and other people are starting to notice the change in you and believe in you also.

### ***What would I like to achieve tomorrow?***

I want you to focus on that thought throughout the day. Tomorrow evening congratulate yourself on your achievement.

Our thoughts become our reality.

If your achievement doesn't eventuate, ask yourself, ***"Do I truly believe that I am worthy of this achievement?"***


***ALWAYS REMEMBER -  
ENERGY FOLLOWS THOUGHT.  
What you think about regularly  
is what you create in your life.***

**DAILY SELF ESTEEM CHECKLIST**

**Entries 31-40**

Day ..... Date



 MY WIN

 OOPS

 EMPOWERED

 DISEMPOWERED

 GRATITUDE

I feel today was a  $\frac{\quad}{10}$  day.

**DAILY SELF ESTEEM CHECKLIST**

Day ..... Date



 MY WIN

 OOPS

 EMPOWERED

 DISEMPOWERED

 GRATITUDE

I feel today was a  $\frac{\quad}{10}$  day.

**DAILY SELF ESTEEM CHECKLIST**

**Entries 31-40**

Day ..... Date



 MY WIN

 OOPS

 EMPOWERED

 DISEMPOWERED

 GRATITUDE

I feel today was a  $\frac{\quad}{10}$  day.

**DAILY SELF ESTEEM CHECKLIST**

Day ..... Date



 MY WIN

 OOPS

 EMPOWERED

 DISEMPOWERED

 GRATITUDE

I feel today was a  $\frac{\quad}{10}$  day.

**DAILY SELF ESTEEM CHECKLIST**

**Entries 31-40**

Day ..... Date



 MY WIN

 OOPS

 EMPOWERED

 DISEMPOWERED

 GRATITUDE

I feel today was a  $\frac{\quad}{10}$  day.

**DAILY SELF ESTEEM CHECKLIST**

Day ..... Date



 MY WIN

 OOPS

 EMPOWERED

 DISEMPOWERED

 GRATITUDE


I feel today was a  $\frac{\quad}{10}$  day.

**DAILY SELF ESTEEM CHECKLIST**

**Entries 31-40**

Day ..... Date



 MY WIN

 OOPS

 EMPOWERED

 DISEMPOWERED

 GRATITUDE

I feel today was a  $\frac{\quad}{10}$  day.

**DAILY SELF ESTEEM CHECKLIST**


Day ..... Date



 MY WIN

 OOPS

 EMPOWERED

 DISEMPOWERED

 GRATITUDE

I feel today was a  $\frac{\quad}{10}$  day.

**DAILY SELF ESTEEM CHECKLIST**

**Entries 31-40**

Day ..... Date



 MY WIN

 OOPS

 EMPOWERED

 DISEMPOWERED

 GRATITUDE

I feel today was a  $\frac{\quad}{10}$  day.

**DAILY SELF ESTEEM CHECKLIST**

Day ..... Date



 MY WIN

 OOPS

 EMPOWERED

 DISEMPOWERED

 GRATITUDE

I feel today was a  $\frac{\quad}{10}$  day.



# ***Congratulations***



By now, you must believe in yourself, more than you did **40 entries ago**. You may notice that other people are showing you more respect as you respect and like yourself more.

***Thinking “what if”, would you share your dreams for the next 2 years:***

If I knew I could not fail, I would .....

.....

.....

What if ? (I could create the perfect life for me) I would

.....

.....

What if ? .....

.....

What if ? .....

.....

**Now ask yourself out of all the “what ifs” which one do I REALLY want and BELIEVE in my heart I DESERVE?**

The “*what if*” I deserve is

.....  
.....  
.....

I would like this to happen to me (when)?.....

.....  
.....

What if .....

.....

Now, write a goal around your “*what if*”:

By ..... (time frame),

I am .....

***If you read this goal twice a day and focus on creating that goal in your life, it will be yours. There is no such thing as an unrealistic goal, just an unrealistic time frame.***

## ***A Five Minute Daily Healthy Habit ...***

***Congratulations on completing 40 days in your Self Esteem Checklist.***

**By now you have created a five minute per day life changing healthy habit.**

You are encouraged to continue recording your daily wins etc. either in another copy of **Dare to Dream** or by creating your own journal – the choice is yours. If you require more copies of **Dare to Dream**, turn to the back of the book and place your order now.

You may decide now to continue this simple yet powerful daily habit – it will give you the courage to make decisions more confidently, enjoy life more, value what you do have and most importantly you will realise that you now know where the stop button on the merry go round is located. Plus you have found the speed dial, which means that the decision to go fast or go slow is totally your choice – no one else's.

You will find that when you stand up for yourself and state your boundaries you will no longer allow yourself to be treated like a doormat.

At times life can be frantic, hectic, chaotic – at other times it may seem totally out of your control. However, we cannot continue this frantic pace without risking or damaging our good health, relationships and our valuable self worth.

We realise now that busyness does not necessarily equate to success. True success is a strong sense of self worth and self love – and most of all a balanced life filled with 10/10 days.



Each one of us is  
unique, individual,  
different and  
very, very special.

In life,  
we always get  
what we expect.

***What are you expecting to happen in your life  
this week?***

.....

.....

.....

.....

## **TIPS ON INCREASING YOUR SELF CONFIDENCE**

- Be persistent.
- Be proud of who you are and where you have come from.
- Ask for help before you need it.
- Always create a daily “to do” list and complete the top 3 priorities first.
- Be grateful for what you already have, know and understand.
- Say “thank you” often.
- Spend time in nature every day - even if it’s a backyard or local park. Observing nature helps to keep things in perspective for us.
- Encourage others when they don’t believe in themselves.
- Know that it’s OK to make a mistake as long as you learn from it
- Be courageous every day.
- Stay healthy - with regular exercise and eating healthy foods.

*continued ...*

### ***Tips on increasing self confidence continued ...***

- Regularly stretch your comfort zone - aim to learn new skills.
- Befriend positive people and let their positivity rub off on you.
- Write your goals down and visualise what you want your future to be like.
- Every week aim to watch at least one sunrise or sunset and marvel at the miracle of nature.
- Each day do one small thing towards achieving your major goal.
- Start uncluttering your life.
- Start treating others the way you would like to be treated.
- Become the change you want to see in others.
- Realise that it's okay to make a mistake - as long as you learn from your mistakes.
- Stop putting yourself down - watch your self talk.
- Make a list of the things that make you happy - minimum list of 100 - and resolve to do at least 2 of these things each day for the next 21 days.

*continued ...*

***Tips on increasing self confidence continued ...***

- Don't be a doormat - stand up for yourself and state your boundaries - what behaviour is acceptable to you?
- Choose to move from the wish list to your own master plans.
- Practise saying "NO" without feeling guilty.
- Remember to dream big dreams.
- Finally, believe in your dreams.

***IF YOU DON'T BELIEVE IN YOU,  
HOW CAN YOU EXPECT OTHERS  
TO BELIEVE IN YOU?***



## ***Affirmations***

Affirmations are short sentences about the life we want to create.

As we write these words down or speak them out loud, it helps us to visualise what our lives can and will look like one day.

You may choose to write two or three affirmations on a small card and keep the card in your wallet. Each time you see the card, you will be reminded of the affirmations.

*Some examples may include:*

- Every day my self esteem and confidence is increasing
- I am grateful for every opportunity that comes into my life
- I am constantly moving out of my comfort zone as I increase my skill levels
- I am working in the perfect job for me
- I am continually having 10 out of 10 days





***My dreams & goals for the next 12 months***

.....

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***My dreams & goals for the next 5 years***

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***My dreams & goals for the next 10 years***

.....

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.....

.....

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.....

By now the sun's rays have melted the icy bricks around your heart.

When you look in the mirror, you see the **VERY IMPORTANT PERSON** that you are.

Continue to let love enter your life today and always.

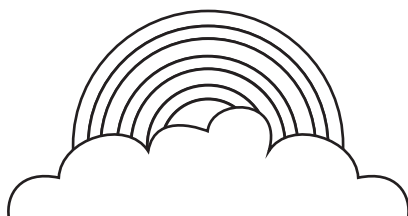
Now you love you and believe and know that you are the most important person in your life

**... you are a V.I.P.**



***You can be the best that  
you know in your heart you  
can be.***

***THE CHOICE IS YOURS!***





**Never be afraid to  
dream big dreams.**

You are a  
**Very Important Person.**

Start believing  
in you today.

***IF YOU DON'T BELIEVE IN YOU,  
HOW CAN YOU EXPECT OTHERS  
TO BELIEVE IN YOU?***



# *Moments in Life*

*"There have been moments in my lifetime  
when I have been shown my absolute  
greatness.*

*These glimpses of my true essence have been  
so terrifying*

*that I have chosen to fear them.*

*To hide them away quickly, so no one can see.*

*They have however, lived on in my dreams  
and fantasies.*

*Waiting for me to accept it  
is not a sin to express my brilliance."*

*Majik Journey*

***Final Questions to ask yourself now***

1. If this is as good as it gets, is this good enough?

.....

2. If you knew you could not fail, what would you do today?

.....

.....

This month? .....

This year? .....

3. How much is enough? .....

.....

4. If you died tomorrow, what would you regret not having done? How soon could you do this?

.....

.....

.....

.....

*continued ...*

5. What matters most in your life? And how much time .  
are you spending on it each week?

.....  
.....  
.....  
.....

6. When will you start putting YOU FIRST in your life?

.....

7. If a current situation in your life would not be  
acceptable for your son or daughter or loved one,  
why is it acceptable to you?

.....  
.....  
.....

***START BELIEVING  
IN YOU TODAY!***

# Dare to Dream

## Self esteem and confidence building for busy women



*This book has been written for any woman who experiences any or all of these symptoms:*

- constantly runs out of time to get through the "to do" list
- often feels guilty saying no and struggles making decisions
- is constantly overwhelmed with being overcommitted
- has no time for herself
- feels like she is on a non stop merry-go-round

If you know any women who match any part of the above description - this book is the perfect gift for them - you can help to spread the self esteem message!

### **SPECIAL OFFER**

*(Australian orders only)*

1 book \$27.50	5 books \$99.00
10 books \$165.00	30 books \$395.00

Price includes GST and postage anywhere within Australia and a personal inscription by the author - **Robyn Henderson.**

## **ORDER YOUR COPY NOW!**

Phone Robyn on 0407 906 501  
or email [robyn@networkingtowin.com.au](mailto:robyn@networkingtowin.com.au)  
or visit [www.networkingtowin.com.au](http://www.networkingtowin.com.au)



NOTES....

## ***About the author***

Global Networking Specialist **ROBYN HENDERSON** is best known for her networking profile, books and CDs and her website **[www.networkingtowin.com.au](http://www.networkingtowin.com.au)**

Building self esteem and self confidence is Robyn's second biggest passion. She has worked with major Corporates through to long term unemployed and ex-prisoners. The common link with these extreme groups is often a lack of self worth, poor self image and self sabotaging behaviours.

**DARE TO DREAM** gives the reader multiple tips on confidence building, decision making, moving out of your comfort zone, plus a simple 5 minutes per day life changing healthy habit - to rapidly increase the number of 10/10 days in your month.

Everyone experiences low self esteem at some time in their life - it's just that people rarely speak about it - until now!





# Dare to dream

Self esteem and confidence building  
for busy women

***This book has been written for any woman who experiences any or all of these symptoms:***

- feels like she is on a speeding merry-go-round and can't find the stop button
- constantly runs out of time to get through the "to do" list
- often feels guilty saying no
- struggles when faced with making decisions
- is constantly overwhelmed with being overcommitted
- has no time for herself
- definitely is not having enough fun in her life

***Dare to Dream gives the reader multiple tips on:***

- confidence building
- decision making
- moving out of your comfort zone
- a simple 5 minutes per day life changing healthy habit - to rapidly increase the number of 10/10 days in your month.

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- it's just that people rarely speak about it - until now!***

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