

*Written in conjunction with
International Self Esteem Awareness Day*



Over 125
Self Esteem Tips
for YOUR Success

Compiled by


Janice Davies – APS

The lady with nice in her name - Attitude Specialist

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*Bob Wickham – Clive Littin – Kirsty Cooke – Laura Wilson – Pat Armitstead
Maria Carlton - Rhonda Gola – Shona Hammond Boys – Susanna Tuya - Janice Davies*

The importance of self esteem is starting to be recognized globally as individuals, families, schools and companies are beginning to understand its importance as a key to success. The Selfday recognizes this, spreading the word and inviting you to make a difference to yourself as well as spread the word to your sphere of influence.

The funds contribute to spreading the  day message.

www.internationalselfesteem.com

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Janice's LOGO

Shared in this ebook, to help people understand the process of esteem growth



Janice's Logo is based on the @ sign you see on any keyboard.

She sees a similarity between that and life.

You can stay AT one place in your life, never learning new skills and going around and around in one place, repeating the same mistakes, 'stuck' in a rut

OR

you learn new skills and then move forwards and upwards in your life.

When you learn one skill, you integrate that skill into your daily life.

You remain at that point in your life, for as long as you choose. You either get stuck again, zig zag or progress up or down in life, or you learn another new skill.

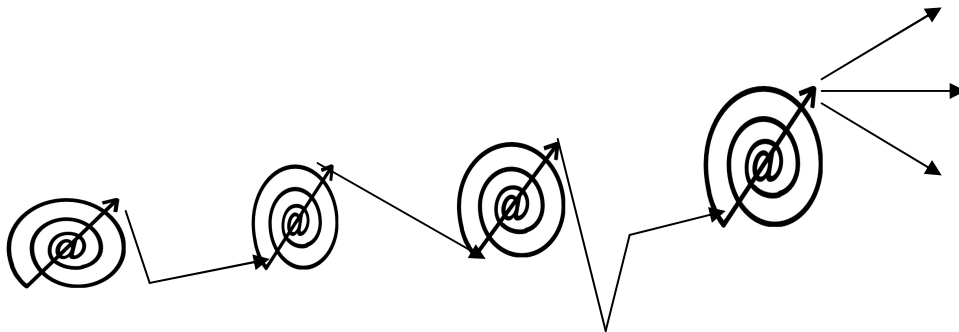
By learning the next skill needed for your success,
you master another challenge

and move onwards and upwards in your life again.

With each challenge you overcome, you achieve success and gain momentum in your quest to be 'who' you want to be as the master of your life

...and so your self esteem grows and improves

as you become the greatest person you chose to be.



The History of this WORLD FIRST!

Janice Davies the Attitude Specialist, got the idea of the New Zealand Esteem Day at the beginning of the millennium in the year 2000. After four years she created the event. In 2006 the event became the International Self Esteem day with people in Australia and the USA starting to support the concept.

Janice has been appointed as New Zealand's first representative for the International Council of Self Esteem. A charitable non-profit organization dedicated to sharing research, resources and information and strategies to enhance human effectiveness, globally.

Janice believes low self-esteem is one of the reasons we have many of our social, and educational problems, additionally, in the workplace there's underachievers and people lacking in the confidence to perform", she says. "The self-esteem day is an idea whose time has come - everyone can learn to believe in themselves!"

In 2007 the International Think Tank was created in Auckland New Zealand. This is a group of talented, dynamic interested people who are working together to expand this idea globally. Some of these people and others have shared their tips with you to help you journey towards greater success.

SelfDay awareness day is on the last Wednesday of June each year.

A new logo and name has been created and the Self Esteem Day is now known as the

Selfday

+Self Esteem = Life Fulfillment



<http://www.internationalselfesteem.com/>

ON BEING YOURSELF

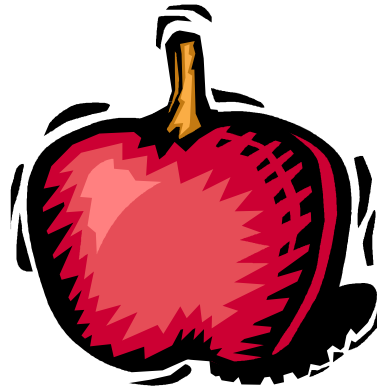
You must learn that you cannot be loved by all people.
You can be the finest apple in the world – ripe, juicy,
sweet, succulent and offer yourself to all.
But you must remember that there are people who do not like apples.

You must understand that if you are the finest apple
...and someone you love does not like apples,
You have the choice of becoming a banana.

But you must be warned that if you choose to become a banana
you will be a second rate banana
But you can always be the finest apple.

You must also realise that if you choose to be a second rate banana
there will be people who do not like bananas

Furthermore,
You can spend the rest of your life trying to become the best banana -
which is impossible if you are an apple
or you can seek again and be the finest apple.



INTRODUCTION

Janice – the lady with *nice* in her name, is adamant that self-esteem is the key to success and shares a little of her knowledge in this book, along with tips from other experts works.

She was out walking one morning in the first year of the millennium in 2000 and a blueprint for this idea, scrambled into her mind. For four years she shelved this idea, thinking *Who do I think I am to create this?*

Over this period, she continued her personal development and as she learnt so her self-esteem grew. During this time she read the words in a poem written by Marianne Williamson and made famous by Nelson Mandela. One line in the poem struck a chord with her....

YOUR PLAYING SMALL DOES NOT SERVE THE WORLD.

...And so the self esteem day began. (*this poem is at the end of the book*)

Janice works with motivating and inspiring people's thinking and attitude to spring load to success. She's an expert she says, because she had to do it for herself. Somewhere in her teenage years, her self esteem plummeted and stayed that way for eighteen years. She thought happiness, fulfillment and success would just happen. She was waiting to be rescued and of course that did not happen and she did not realise that she had to create her dreams.

She learnt the hard way by changing her self-belief from a person with low self-esteem, to a person with high self-esteem believing that the world is her oyster!

She calls herself the Attitude Specialist and she works with corporates, groups and individuals steering them towards success. Her presentation topics for conferences and conferences include Attitude, Stress, Work/Life Balance, Communication, Personalities, Goals and Tricky people.

She travels around New Zealand with her hot topic workshop called Dealing with Difficult People and Tricky Situations and Boosting Workplace Attitudes, where she teaches people about empowering themselves, including self esteem in most presentations.

International Think Tank group. Other dynamic people and some members of National Speakers Association in Auckland, New Zealand have joined the group of committed people involved in the International Self Esteem Think Tank.

The are: Ann Andrews, Ian Mandeno, Maria Carlton, John Shackleton, Rhonda Gola, Clive Littin, Hanna Frederick, Althea Tollemache, Steve Hart, Kelvin Muggeridge, Kay Lindley.

Other people have been invited to participate in this book and the International Think Tank group continues to group. I would like to thank these people for their participation and belief in my dream of the International Self Esteem day.

Our Vision

TO RAISE THE AWARENESS OF THE POWER
AND THE EFFECTS OF A
HEALTHY SELF ESTEEM
IN OUR LIVES,
OUR WORKPLACES,
OUR FAMILIES
AND
OUR COMMUNITIES

Our Self Esteem Definition

A sense of Purpose -

Self awareness, care, respect and appreciation.

A sense of Talent and Identity –

Authenticity in creating and living being me

A sense of Security and Worth –

Being empowering, and communicating positively

A sense of Belonging and Others –

Healthy relationships and awareness of differences

A sense of Competence and Consequence –

Inner peace with abundance and balance

Esteem Friend or Foe

By Janice Davies

Everyone at birth is born with a zero esteem level and attitude towards themselves and life. Over the next few weeks, self-worth begins to develop. Little do we realize its impact on us for the rest of our lives.

If parents are aware, they'll ensure they engage in actions that boost their childrens' esteem, while still teaching a child about discipline, responsibility and the many other attributes that are necessary for development. If not, parents do the best they can, with some teaching their children well and enhancing their self esteem and others not.

An ongoing task requiring constant reappraisal, esteem levels need to be 'healthy' for children and people to perform at their peak. Unfortunately this does not always happen and below par performance is commonplace.

As children develop into teenagers and become adults along their journey of life, they encounter opportunities to learn about life and make choices and changes to their negative thoughts which are not supporting their life. Some people do make positive changes, others don't.

Ninety five percent of people appear to have experienced low self-esteem at some point in their life. Sometimes hard to detect, if you're aware of the symptoms, you probably have. If this hat fits you, do not despair, you're not alone. The trick is how to change it. This ebook has tips to help you. Esteem is something you need to work on constantly as you learn and develop throughout your life.

Though we travel the world over to find the beautiful,

We must carry it with us or we find it not.

Ralph Waldo Emerson

Veronica de Andres the Argentina Director of SEAL, states these ten edited indicators of a person with high and low self-esteem as listed below:

Ten Vital Ingredients of Low Self-Esteem

- Do not know what they are good at
- Jealous and critical of other people
- Sets too big goals or no goals at all
- Has to be right all the time
- Blames others. Makes others feel guilty
- Can not express what they want to say
- Too scared to say no
- Is afraid of making mistakes
- Copies others
- Is negative

Such people do not have a set of personal boundaries to help form their daily decisions. Either they do not value themselves or they over-value others, who they see as more capable and confident. Sometimes they can only feel good about themselves by achieving dominance through bullying. To move forward in life, they need to start soul-searching and make daily efforts to improve their self-esteem. It's challenging, but it is possible.

Every day they need to be asking themselves, what am I doing today to make me feel good about myself? Gradually as they start to value themselves, they begin their personal journey of self-development, which is the stepping-stone to their success.

People with low self esteem have not YET started their inner journey to create themselves. Every day is an opportunity to begin the journey. Do not be harsh with yourself as this is your beginning...

Ten Vital Ingredients of High Self-Esteem

- ✓ Knows what you are good at
- ✓ Feels happy successful people
- ✓ Sets goals at home and work
- ✓ Has happy relationships
- ✓ Takes responsibility for their actions
- ✓ Tells people what they want
- ✓ Can say yes I want to do that or No I can't
- ✓ Is positive
- ✓ Asks people for help

It's the ability to have a positive attitude and improve your thoughts and feelings about yourself on a daily basis that will see you become the successful person you choose to be. It's learning to love yourself and sharing your uniqueness with other people that will assist you to develop to your potential and help the world become a better place.

Bob Wickham

One of my defining moments in life.

Bob Wickham remembers how his father said "well done son I could not have done without you today", when he was mustering sheep in the king country and seven years old. That praise spurred him on to become a brilliant farmer and a successful business man and educator.

Bob is the Founder of Kiwi Can New Zealand, a programme which is in many New Zealand schools.

Bobs ten tips are:

- 1 Praise the little things and the big things
- 2 Encourage do not criticize
- 3 Challenge with praise
- 4 Praise yourself as well as others
- 5 Accept praise with gratitude
- 6 Praise all ages
- 7 Praise yourself in good times and in bad
- 8 Practice praising unknown people
- 9 Think of new ways to praise
- 10 Praise where it is least expected

Bobs upcoming book, *Praise your way to brilliant success*, is a winner.

His contact is <mailto:wickhams@xtra.co.nz>

Clive Littin & Associates Ltd

Self Esteem Tips For Business Leaders

One of my defining moments in life

A few years ago I worked as Human Resources Manager for an International Company. I was the 'messenger' between management and staff. Almost every day I listened to complaints from staff of how management wasn't showing much interest in what they were doing. (I thought they were certainly doing their best.) They became increasingly disengaged. They felt their contribution to the Company was not being appreciated and eventually they started to leave and look for employment elsewhere. I myself felt like a voice in the wilderness in my efforts to express recognition to staff. But they wanted to hear it from the boss.

Ten Tips for Bosses

- 1 A personal 'thank you' from the boss is a highly valued incentive for your employees.
- 2 Notice people doing thoughtful things and acknowledge it on the spot.
- 3 Get to know your employee's personal preferences – sports interests, hobbies, recreations
- 4 Small gifts of recognition are always an option.
- 5 Invite an employee to share their success or special initiative with the whole team.
- 6 Memorise their names so you can use them!
- 7 Celebrate special occasions. (Birthdays, targets reached, anniversaries etc.)
- 8 Sponsor selected up-skilling training courses for your staff.
- 9 Encourage team awards, trophies or recognition.
- 10 Treat everyone out to a meal/movie/entertainment.

Clive Littin & Associates Ltd - 'Simply helping you have a better life'

Coaching. Workshops in Staff Appreciation and 80/20 Thinking to get better results faster.

Your first session is complimentary! <http://www.getacoach.co.nz/>

Kirsty Cooke



**Tips for the new professionals of the Network Marketing and Direct sales Industry.
Including Real estate sales and other self employed sales people**

One of my defining moments in life.

In 1993 as a confident, committed and enthusiastic actor and professional singer, I experienced, first hand, the true meaning of not being in control of your life. A vindictive venue owner decided to put us in our place after he cancelled a gig last minute and was forced by the union to repay us with replacement gigs. What shock when we turned up to the new gigs and were forced to perform in a storeroom with a tape recorder running to make sure we performed for the 3 ½ hours. The anger and humiliation was so painful yet we returned the next night to complete the agreement because we needed the money!!! This was the turning point that led me to take charge of my life and build financial freedom. Now I get to sing and act for FUN.

1 Successful people make decisions quickly and change their minds slowly.

It is very easy to doubt your decision when things get tough. It's easy to take the path of least resistance and quit. Make a commitment to do whatever it takes to succeed. Commitment means you cut off any other avenue of retreat. Make ONE decision to be successful. It takes too much energy to make a new decision each day whether to continue or not.

2 Persistence wins every time.

Becoming successful in Network Marketing or any other business venture takes time. People often overestimate what they should be achieving in the short term and underestimate what they can achieve in the long term. They often give up just before the windfall. Resist the desire for immediate gratification. This need for security keeps you trapped. Business people know that you will work days, weeks, months and sometimes years to see results.

3 What you consistently think about will create your future reality.

You must control the thoughts that you habitually think. 95% or more of your daily thoughts are negative or of the past which cannot be changed. Focus on what you want rather than repeatedly dwell on what you don't want. Eliminate talking and thinking about lack or worrying about whether you will fail. Think and speak only of what you want. Don't waste time complaining. Repeating positive affirmations is a great way to stay focused on that you want.

4 Success is no more than consistently applying the fundamentals of success to life and to your business.

One BIG event doesn't create failure. The same for success. It is the ability or inability to do the small but necessary things every day. Even when you don't feel like it. When you do what you say you will do each day then you build your own personal confidence. You trust and respect yourself that you are a person who does what they say. This affects most things you do. If you don't trust yourself to follow through then that comes across to others. Do what you should do when you should do it even if you don't feel like doing it. This is called SELF DISCIPLINE and it is the means to freedom. Make those prospecting calls. Follow up that lead. Make that presentation. And do it NOW.

5 Contribute to others.

In network marketing your success depends on the success of others. You won't succeed in this business or many others if you don't care about people. Find a way to fill a need and you will have abundant success. The best way in Network marketing to contribute to others is to teach your team what you know and work with them in the beginning to enjoy quick success. As well as making more money by doing this YOU will learn faster as you teach. You will also find satisfaction in watching those people succeed.

6 Goals.

What pulls you over the obstacles and through the challenges is having a clear reason why you are doing it. Don't base your goals on what is reality NOW. Take the lid off your expectations and create a vision of a new reality. Write a list of 101 goals. All shapes and sizes. Don't stop until you have 101. Then read those detailed goals EVERYDAY. I mean EVERYDAY!

7 Feel good NOW.

To tap into your true potential you must feel good. You must be in a positive and resourceful state. Otherwise action can be useless. Don't expose yourself to thoughts, people or unnecessary negative information (like newspapers and TV) that make you feel bad. Focus on what is great right now, find things to be grateful for, look at your goals, talk to your team, listen to a positive CD, go out for a run, take a long bath but do whatever it takes to feel good before you take action.

8 Find the passion in what you are doing and sell that.

Is it your product? Your company? The lifestyle you can create? What are you passionate about? Passion creates enthusiasm and enthusiasm is contagious. Leadership is about influence and nothing influences people more than passion.

9 Be the president of your own life. Be the president of your company.

If you were the president of a multi million dollar business how would you act? What sacrifices would you be willing to make, what work ethic would you have? Would you make excuses if you were sick? Develop a business owner mentality.

10 Enjoy the journey now.... Don't just wait for some future event.

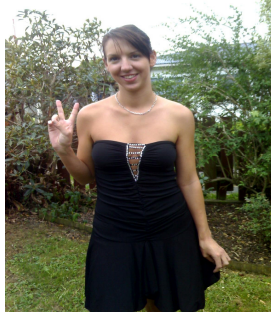
Success in this industry and any business takes time. It is not a sprint but more like a marathon. Enjoy the intangible successes along the way. People's lives you have touched, personal change you have experienced, friendships and breaking through challenges.

Kirsty Cooke is a "Do it Now Person".

Her coaching and speaking concentrate on personal and mental habits that make all the difference to success and happiness.

Visit <http://www.doitnowperson.com> or email <mailto:kirstycooke@xtra.co.nz>

Laura Wilson 21 years



One of my defining moments in life

When I started high school I spent time with the right crowd. I had braces and was sort of brainy. Then I was invited to sit with the "cool" kids. These girls are still my good friends to this day but I started thinking more about when we were going to sneak out for a cigarette and which class we would wag today, instead of focusing on school.

When I was in class I was a good student. I do not like letting people down, which is something I think I got from that constant pressure from my father. However, that trait also made me stick to things I did not enjoy and I felt like I needed to do what people wanted, just so they would like me or I would feel accepted. I still do it a bit now but I have got a lot stronger.

Since leaving high school and getting out in the real world, I have made many new friends. A lot of them are people my high school friends would not have spent time with so I would not have spent time with them. My best friend at Unitec in my vet nursing course was a lady 8 years older than me and I didn't care. She was from Rarotonga and we shared a passion of animals. We studied together, sat together in class and did what made us happy in life not what made other people happy with us.

Here are 7 life lessons that I've learnt.

1 Make your own decisions and remember what you do, defines you.

You have to live with yourself everyday so make decisions that make you feel proud when you look in the mirror. I know sometimes we make decisions that are hard or we really regret later on or even straight away, but at least you realized they were a mistake, and you changed.

2 Make changes to improve things.

I always told myself things couldn't get any worse, only better. If you want your life to improve, there are always things that only you can do. Like maybe getting a second job. Not only does this earn you more money but if you do it on a weekend and don't go out that night and spend money on alcohol, taxis etc, and another bonus is you feel great the next day. Also, you have cash in your pocket and you don't have a hangover like all your friends.

3 Make new friends.

If you have friends that are only there for you when you are happy and non-existent when you need help, there is a reason for that. I have slowly moved away from a lot of my high school friends because I realized they weren't real friends. One girl who I thought was a good friend, I realized she wasn't worth a speck of dust when she called me something hurtful in front of my friends and family at my 21st birthday party. When things like that happen, you realize who really cares about you. A male friend came up to me straight away to check if I was okay. He then went and found that girl and asked her how dare she say that.

4 Learn about jealous friends.

One thing that a guy said to me was she was only saying something awful about me to make herself look good, and that's true. If a supposed friend makes fun of you or brings up something embarrassing, most of the time they are just trying to make you look stupid and they look cool and funny. Some people will see straight through them and the ones that don't....who cares? They have just made themselves look stupid in front of others, my other friend saw straight through them...so have I now.

5 Make yourself feel good.

When life does look like it's just stopped and nothing would make you happy again, like you break up with a boyfriend, or you get a letter for overdue bills, or you are just stuck in a rut, you don't feel like you are going anywhere, your job may be getting boring, your friends don't make you feel good (you shouldn't need people to make you feel good, you need to do that on your own by changing downs in your life to ups)...do something different to make yourself feel good. It can be as easy as cleaning out your drawers, having a bath, doing your fingernails, exercising or something else positive.

6 Adjust your thinking.

Instead of thinking, what's wrong with me, what can I change to make a guy like me or I'm sure you can come up with some things that you have thought of in this situation, change your thoughts. There is nothing wrong with you. Remember that sometimes it can be a simple reason, such as, it just didn't work out, you weren't right for each other, and one day you'll just click with someone and it'll be perfect. If he was with another girl behind your back and you find out and he leaves you for her, don't think why was she better than me, what did she have that I don't.....because she's the one that's with the cheat now, you can go on and find a honest guy. Learn what you don't want in your next relationship.

8 Keep looking for the right relationship.

Men are not actually worth all the time we spend thinking about them, but maybe one day, one will be. If a guy hurts you mentally or physically, in any way he's not worth it. The sooner you realize that and start feeling good about you, the better. Don't look for someone, they will find you and the best feeling is actually finding that new person and that old guy seeing his face when you are looking fabulous and smiling and being able to talk to him like nothing happened... because you have grown and he hasn't.

Laura left school and worked in an office job for a year. She learnt she did not like it and remembered her dream job from childhood, was to work in a wildlife park.

After a year at work, she returned to become a student again and did not miss any classes. This time she passed every exam in topics she had not studied at school, in her first attempt.

She studied to become a vet nurse and qualified. She now works in this field, shortly leaving to live in Australia, where she will extend her knowledge and save for the next course in Captive Wildlife on her journey to her dream job.

Maria Carlton

One of my defining moments in life.

I am Maria Carlton, and in my working life, I'm a professional inspirational speaker, author and publisher who specialises in brand communication for business owners. My personal life as a single mother raising two boys inspired me to write this section – you see I was first married to an abusive husband, and then after we divorced, ended up widowed after my second husband (best friend and soul mate) died unexpectedly while I was pregnant with our second baby. Let me share some of my hard learned lessons about wading through the ups and downs of surviving some of life's curve balls.

1 Don't forget to take the rubbish OUT

When you end up single for whatever reason, and especially with young children, you have to know that you will have baggage. Whether you think you were the good one or the bad one in the relationship, chances are pretty high that you are going to carry some heavy rubbish around with you for a long time if you don't get very objective about the reality of this and do some personal development in order to move forward and eventually start a new healthy relationship one day. Buy books, read them, talk to a coach or a counselor – find out who you are really and what you want from your life. Bury the rubbish of your past relationship fully before moving on to the next one.

2 Talk about it

You'll have some heartache, questions, self doubt and probably be wondering 'why me?' Well 'why not you'? The only way you are going to make sense of what your life is like now is to talk with someone else who has some empathy (not just sympathy) for your situation. If you are a young widow like I was, then do what you can to find another one who can reassure you that you're not the only one on this path – regardless of how empty and lonely it may be. It is

this that gives you perspective about how hard it is, how long it takes to move forward, and where you've so far come from. Same goes for a bitter divorce, abusive relationship or ongoing real battles – talk to someone who *really* understands.

3 Be selective about your friendships

Don't just form a support group of friends who are bitter, unmotivated to move ahead in their own lives, or like to blame others for their misery. You will have a big change in your friendships at the end of your marriage or relationship – however it ends. Hanging out with people who keep you lost in your own unhappiness are not people you need to have in your life. If you had friends who no longer understand you or appreciate your new situation, they are not really your friends – find some new ones who will love you and support you regardless of your marital status.

4 Update your rolodex!

Keep evolving your friendships and acquaintances until you find people who are like you really want to be like – this is part of shaping who you will be.

5 Don't be so hard on yourself

Relationships don't always work out for a number of reasons – beating yourself up does not serve who you really are. This is a lesson that's hard to learn, but necessary. Your children don't deserve to see you continuing the same abusive behaviour you may have been putting up with from your former partner – you are a good person – just because someone else did not appreciate your wonderful self does not mean you can't start to appreciate yourself, and encourage your children to appreciate each other's great qualities too. Look for the greatness in each other and you'll find it – teach your children to do the same – this is the first step to putting the abusive behaviour and attitudes of someone else firmly behind you.

6 Laugh! Laugh again and then laugh some more!

Find a great funny movie, go to a comedy show, and get hooked on the sitcoms that make you feel good – do whatever it takes to bring laughter into your life. It maybe escapism of TV or hanging out with friends who make you see the funny side of life, but this is still therapy that your body and mind will use to move you forward towards a new happier and healthier you.

7 Have a contingency plan for everything – even the end of your marriage!

I heard a saying once that “when you make plans, God laughs”. I’m sure this must be true – even the best plans can end up awry. A relationship that makes you miserable is not something you have to put up with – plan how you can move out and start over. Having this plan – even if not fully detailed – will give you strength you need to make the move when the time comes. Don’t risk your sanity or your life by staying in an unhealthy relationship – you can’t fix this while you are buried in it.

8 Be your own best friend... trust yourself to know what you need

Would your best friend tell you to stay miserable? Would he or she insist on your keeping a low self esteem? So - why do you do this to yourself? You know in your heart what you need for yourself, for your children, and for your sanity to survive and thrive. You have choices in every single part of your life, every situation. Trust yourself and know that what you really need is there waiting for you. Sometimes a change of scene, new town, job, lunch with a friend or even just a day off can work miracles.

9 Look for the hidden blessings – know that there are some

Whatever you are learning to live with – however hard it may be, you’ll find there is something good if you look for it. A new friendship or loving partner, happier children, your own independence, or even a fresh perspective on your life and how it could be – these are all wonderful upsides that you may find come out of your pain and past trials.

10 This too shall pass

When I came out of my abusive marriage, I thought I was useless, and totally dirty and unlovable – fortunately I discovered this was untrue. When my second husband died, I thought I would too, but because I was pregnant and had another young child to care for, I just *had* to keep going, as much as I wanted to crawl into a corner and wait for my life to end. Everything comes to an end and time is a magnificent healer. Daily the strength of endurance grows you! One day I promise that you will watch your past and know that life is good or even great again.

Resource Box:

Maria Carlton's company Maruki Books Ltd is a specialist publisher of books for entrepreneurs and business people seeking inspiration and tools for business and personal growth. She is also the author of several books, and an advocate for professional speakers in the publishing world. If you have a book inside you or wish to access expert information by professional knowledge merchants please visit <http://www.marukibooks.com/>

Pat Armitstead

RGN, Dip Ed, Dip FTM



Business – *supporting others to live into their life purpose with humour, joy and creativity*

One of my defining moments in life.

Seven years ago I experienced a series of losses and a period of depression as a result. I met 2 people, one the father of a young boy who fell to his death in the IMAX cinema in Auckland and the other a magician by the name of Peter Salerno in South Australia. In that space I coined the term Joyology, and became the worlds first Joyologist! I created my own path to wellbeing and found engagement and meaning in using my signature strengths and doing what I love. I have conducted over 600 programs based on the role of humour and joy in business and life and founder of the Business in Humour Awards.

Top 10 tips to engage staff

1. Catch people doing something right
2. Manage by walking around and personal communication
3. Be a stand for creating a high trust environment
4. Acknowledge the contribution others make
5. Use what you know to enable others to succeed in work and life
6. Exude vitality and vigor and use that in encouraging ways
7. Commit to creating a high nurturance environment
8. Be the change you wish to see
9. Be impeccable with your word and come from integrity
10. Inspire others to find the courage to ask questions and to express what they really want.

11.

2008 NZ Humour in Business Awards - <http://www.jodyjelas.com/joyology>

Get Your 7 Free Lessons on the Science of Getting Rich - <http://www.wealth.joyology.co.nz>

Fostering creativity - free web site for artists - <http://www.exhitonline.co.nz>

Rhonda Gola

**Reverend Rhonda Joy Gola is the leader of
Unity in New Zealand and a participant in the True Happiness DVD.**

TEN THINGS TO HELP YOU FEEL GOOD

1. When you wake up, quickly remember to say, thank you to your body for the wonderful job it does for you every moment of every day.
2. Get up a little earlier so you can eat your breakfast leisurely, as if you are on holiday.
3. Linger in the shower or bath a moment longer and let go any feeling that you are wasting water or need to hurry.
4. Smile at yourself in the mirror and tell yourself you are wonderful, repeat it until you feel it.
5. Write a short note of appreciation to yourself and pop it into a jacket pocket that you don't plan to wear that day, when you find and read it again at a later date, it will give you a lift.
6. Place an affirmation in your wallet next to your credit cards saying: I am a wonderful being of the universe, and I deserve all the good that is mine to have.
7. If you are dishing up the evening meal, place the food on your plate first.
8. Remember to take several mini vacations throughout the day such as, stop what you are doing, take a deep breath and look around you with fresh eyes, see the beauty of the clouds, notice the trees that you usually pass by without noticing.
9. Give someone else a genuine compliment; it also gives you a "feel good" to praise others.
10. Remember to laugh at least three times each day... It is called "Inner Jogging."

For more information about Unity NZ visit:<http://www.nzunity@yahoo.com/>

Ph 09 846 1406.

Silent Unity and Prayer line with a recorded inspiration message at: 09 846 1406

There are also meetings in Tauranga and Wellington in NZ and throughout Australia.

Shona Hammond Boys QSM

National Director
New Zealand Childrens Art House Foundation

One of my defining moments in life.

My green Humpty Dumpty for the School Calf Club day fairytale exhibition was green because that was the only paint available. This day was the highlight of the school year and my parents wanted me to win the best calf but I wanted them to see my art work. The judge said to my teacher “Who did that?” and “What are you going to do about it?” I knew she could not do anything about it, but decided I could. I was six years old .Those comments triggered my art education career and the New Zealand Childrens Art Clubs and Houses.

Ten Tips for youth and childrens creativity.

- 1 Plan your own exhibition, the time, place, size and then work steadily towards it.
- 2 Your own idea is the best place to start. Your art is not your friends or fathers art
- 3 Plan to do your own art ongoing throughout your life. Three hours a week in your own art world is vital to your health and well being.
- 4 Decide to put the happiness of creating, the process, above any commercial value for product.
- 5 Expect the unexpected .There is no precedence or blue print to creativity.
- 6 Recycle everything, teach yourself to make something new out of old scraps.
- 7 Work hard on your own idea and do not quit.
- 8 Accept other people’s comments as helpers not as criticism.
- 9 Believe in your dreams and in magic.
- 10 Celebrate your art by sharing it with others.

Shona Hammond Boys is the Founder of the New Zealand Childrens Art House Foundation which encourages childrens creativity in the communities of New Zealand. The Art Houses have two rules, Love Art and Be Kind to each other. For philosophy successes art houses and history see <http://www.arthouse.org.nz/>

Susana Tuya from La'qua Image

“The style & image experts”



Top 6 Tips for Flaunting Your Fabulous Style

What is style? As we live in a highly image conscious world, does this represent a wardrobe full of ‘snobby labels’, the latest trends or spending a lot of time on our exterior?

Think of the last time you went to a function/party or wedding and you admired a certain woman’s sense of style. Was she naturally the slimmest, the youngest and the most beautiful woman in the room? Most probably not. However, there was a sense of flair, of confidence; maybe consciously or subconsciously she knew how to maximise ‘her’ unique features and how to camouflage those less flattering areas which we all have!

Isn’t it interesting that societies marry style together with beauty? However, style is all about having a healthy, positive self-image and expressing ‘your’ unique personality with total confidence.

Here are some simple tips on how to flaunt your fabulous style for a healthier self-image.

1 Take stock of yourself!

Confused? Believe it or not, looking fabulous starts by recognising ‘your’ unique features. Isn’t it also interesting that we all know our ‘not-so’ good’ areas? We constantly hear women pin-point all those challenge areas and when we ask them what are their ‘unique’ features we often witness a memory blank. Does this sound familiar? To make this awareness step simple we came up with our ‘Quick Alien Test’.

Hypothetically thinking, if you were to be abducted by an Alien and you could only keep three of your favourite body parts before he/she turns you into some green blob, what would they be? Your face, arms, back, waist, top of your legs, lower legs?

I did this exercise in front of 300 women and interestingly hardly anyone answered this the same way. These are yours truly. Write yours below.

1:

2:

3:

Why is this challenging? Isn’t it interesting that if I were to ask you what your challenge areas are which you are not too comfortable with we could have quickly exceeded three examples? Women, aren’t we funny creatures? The internal communication which we have with ourselves can be so negative; we wouldn’t talk to our best friend like we do to ourselves. So once we identify our ‘unique assets’ when can we begin to flaunt them!

2 Market 'your' unique features.

Now that we have taken stock and we have three (or maybe even more) of our unique assets in our self-image balance sheet we need to market ourselves. What do I mean? These are your best features (remember, out of 300 women hardly anyone had the same three), so what are you currently doing to flaunt them?

For example, if you have beautiful eyes or face, why not get yourself a new hairstyle? If your facial face shape permits, why not a fringe that frames your beautiful eyes so others can notice? Or get a haircut that will enhance your facial features even further.

An Oval face is the perfectly balanced facial shape and that is the illusion we try to achieve. For example, I have a round face and a mistake I have made in the past is having a straight fringe (creates a horizontal line on my face and horizontals create width) making my face chubbier, too much bulk around my cheeks, which is my widest part.

As hair colour it is so close to your face, ensure that you know what colours flatter your skin complexion. I learned the hard way that I do not suit Sophia Lauren red even though I am olive skin as I am olive skin with a cool undertone making me look like I have just come out of hospital. (However, ensure that your hairdresser understand the principles of your facial structure and your colour complexion).

Inside Fact: Did you know that the two things that will outdate your look the most is hair & shoes? Not that women need another pair, but I have just given you another excuse to hit the shoe stores!

Another example to help you brain storm before you continue with your exercise. If you have nice lower legs. ... gosh, you know how many women wish they where you? Flaunt them! Wear the appropriate lengths of ¾ pants, in winter leggings, skirts etc. How, could I market 'my' unique features?

1: (Write down types of clothes you could try, who do you need to see to assist i.e. hairdressers, stylist etc)

-
-
-

2: (Write down types of clothes you could try, who do you need to see to assist i.e. hairdressers, stylist etc)

-
-
-

3: (Write down types of clothes you could try, who do you need to see to assist i.e. hairdressers, stylist etc)

-
-
-

3 Have a 'Present Marketing Plan'. Enjoy who you are now!

It is really important that you feel good with whom you are now, specially if you are in a weight loss programme. We at times get trapped in the old thinking of "once I." Once I loose the weight, I will treat myself to new clothes. Once I loose the weight, I will get a professional to help me with my self-image. .. 'Once I.' however, you know what happens often to the "once I": it never comes.

I cannot emphasise enough how important it is to feel happy about yourself NOW! Just as small negative habits such as those described above can result in significant negative results, so can small incremental positive actions result in a successful outcome.

What happens if you learn to look good & feel great now? What is one of the first things we do every day before we start our day? We get dressed. Is this an enjoyable process for you or is it a 'must-do' chore as not engaging on this may cause you to get arrested? How important do you think is to enjoy this daily process?

You put on something on that makes you feel good and you get a compliment from someone (maybe a stranger) and how great are you going to feel? You wake up in the morning and you are inspired as you start your day knowing that you feel good with your self-image. How will this affect your self-esteem? Would you feel happier about yourself that you maybe made a positive decision, like choosing to eat a salad for lunch instead of the deep fried snack or taking the stairs instead of the old fashion lift? And what do you think it would do to your stress levels and your hormones?

4 Remove Negative Hanger Ons.

So, if you are one of these people who has been hanging onto their 'skinny clothes', don't you think it is time to get rid of them? If this theory really worked, a lot of women would be skinny now. If you truly believe that you can reach your previous weight, that is great - you do not need to throw your past clothes away. Just take them out of your every day window, or should I say wardrobe. You do not need a negative reminder everyday when you wake up on how you are not where you want to be

5 Refresh your wardrobe without the old habits

If you are thinking of taking a trip to the stores these holidays and wish to make some purchases for yourself, make sure that these items are adding value to your

1:- Natural Assets

2:- To your existing wardrobe.

Remember that style is not about having a full wardrobe (we all know that now). It is not about having the latest fashion or the most expensive labels. It is about expressing your unique

personality, maximising your unique assets and learning to camouflage those less flattering area, which we all have.

So make investment purchases. Ask yourself before you purchase any new garment: Does it suit my:

1:-Colour: - do these garments compliment my skin tone and make me look healthier & more alive? Remember that black is not a colour. Inject some fun back into your wardrobe and use the power of colour.

2:-Style: - Remember the 'art of optical' illusion. Whenever you put on a garment or purchase one always remember your Verticals (lengthen) & Horizontals (widen). If you do not pay attention to them, they will pay attention to you, and mostly not to the areas you wish to attract attention to.

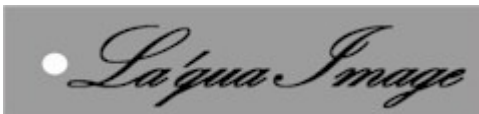
3:-Personality (believe it or not, there is such a thing as clothing personalities). Wish to find out yours? Visit our website <http://www.laquaimage.co.nz/site/1515562/page/934099> and do our online quiz.

4:-Lifestyle:- spend your money where you spend most of your time. Avoid having segmentations in your wardrobe. Buy clothes which you can easily dress up and make casual. Use the power of accessories to maximise the use of your wardrobe. Get rid of the 'old' and inject some fun, save money and maximise the 'new you'!

6 **Finally, let's feed our bodies & mind some healthy thoughts.** Be kind to ourselves..... Would you say the things you say to yourself to your best friend?

At La'qua Image our goal is to share our knowledge in order to empower more New Zealanders maximise their self-image potential!

Wish to receive more of our media tricks? Subscribe to our "Stylish You", feel empowered and look fabulous!



La'qua Image "the style & image experts"

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Janice Davies APS

The lady with nice in her name – Attitude Specialist



36 Tips to Boost your Self-Esteem

1. Stop comparing yourself with other people and stop putting your self down. We are our own worst enemy. Instead make a list of your past successes. Take advantage of workshops, books and anything that comes into your life that will boost and teach you about improving your self-esteem.
2. The quality of your life is the quality of your communication. This means the way you communicate with others and, more importantly, the way you communicate with yourself. What you focus on is what you get. If you look for the positive this is what you get.
3. Light a candle beside you when you are reading in the evening. It is most relaxing and creates a wonderful, soothing atmosphere.
4. Make your home an oasis from the frenzied world outside. Fill it with great music, great books and great friends.
5. Use affirmations to boost your self-esteem.
6. Learn to be still. The average person doesn't spend even 30 minutes a month in total silence and tranquillity.
7. Make a list of your positive qualities
8. Associate only with positive focused people who you can learn from and who will not drain your valuable energy with complaining and uninspiring attitudes.
9. Set aside one hour every morning for personal development matters.
10. Face your fears - they aren't as bad as you think they are. Facing your fears increases your confidence.

Selfday - Esteem tips for success

11. Forget your failures - learn from them. Avoid making the same mistakes again. Try again, you're wiser and stronger. Don't be trapped in the past!
12. Know what you want and ask for it. You deserve your dreams to come true.
13. Reward yourself when you succeed
14. Ask questions - We often make assumptions about a situation or person which are not true. Your attitude and behaviour can be negatively affected so if you have any doubt or question ask and don't assume you know why or how.
15. Don't be defeated! Try something else. It took over 1000 to create the light bulb.
16. List things you like about yourself - include appearance, personality and skills
17. Change negative thoughts to positive thoughts by focusing on the positive ones and trying to forget the negative things that happen to you. Your mind can only think of one thought at a time. Make it a positive one.
18. Take up an exercise program - you will feel better and look better!
19. Remember good things people have said about you and write them down.
20. Question whether your view of yourself is accurate examine why you see yourself like you do. Get coaching or counseling to resolve any past issues. Life is a journey...everyone has challenges and experiences to overcome. Your key is how quick you overcome it, rather than bury it and be hurt or ashamed.
21. Make any changes you think would help you for example appearance, hair style, friends, foods or behaviour in certain situations
22. Accept things about yourself that are true and given to you as compliments and learn to think about them in a positive way. Your natural gifts are your strengths and part of your personality. Your weaknesses, which we all have, are areas which you can choose to improve.
23. Take yourself less seriously and lighten up!
24. Accept feedback as a gift and thank the person, then think about it. If you get the same gift (feedback) a number of times, assess it in constructive way. However, you don't have to agree with them, so discuss with others or decide what changes or action you might take.

Selfday - Esteem tips for success

25. Don't be limited by your internal image, step outside of it and break free, it doesn't have to control you or keep you down. Acting differently will change how others see you and will also help to change your own attitude towards yourself and your abilities
26. Take up challenges positively and surprise yourself!
27. Start an exercise program Walk or play sports as much as you can.
28. Eat healthy food and stay away from diets that you always fail. Instead join a group or change your lifestyle where you can succeed.
29. Don't smoke at all, take drugs or drink too much. Gradually, eliminate them from your life.
30. Straighten up, smile and look straight ahead - you'll look and feel more confident
31. Identify and accept your strengths and weaknesses--everyone has them, and no one is perfect.
32. Take an "I can" attitude and offer yourself encouragement along the way. Learn to be your own best friend.
33. Set realistic goals and then take pride in your achievements. Start small and build your goals bigger, then you are leaning the process of goal setting and success, which improves your esteem, rather than a big goal, failure and lowering your esteem.
34. Pay attention to your thoughts and feelings, they are your inner guide and given to you to learn from, and act on what you think is right for you. Any negative feeling is an indication you need to 'do some learning' in that area of your life. Your goal is to be feeling good 24/7.
35. Don't try to be someone else, but be proud of who you are.
36. Explore your own talents and gifts which come naturally to you which are for you to embrace and enjoy for your happiness.

Ask for support from friends

1. Ask friends to tell you what they like about you or think you do well.
2. Ask someone who cares about you to just listen to you "vent" for a little while without trying to "fix" things.
3. Ask for a hug.
4. Ask someone who loves you to remind you that they do.

Get help from your teachers

1. Go to your teachers, tutors, or advisors and ask for help in classes if this is a problem for you. **Remember:** They are there to help you learn! Every question is a great one. When I returned to study I was too afraid until I sat in the front row, then no one could see my face go red when I asked my question. Other students then came to me and thanked me for asking. They (like me before) had to been too afraid. It made me feel better and gradually, I stopped blushing.
2. If you lack self-confidence in certain areas, take classes or try out new activities to increase your sense of competence (for example, take a math class, join a dance club, take swimming lessons, etc.)

Your child's self esteem can be increased by you:

1. Appreciating your child
2. Telling your child that you love them
3. Spending time with your child
4. Encouraging your child to make choices
5. Fostering independence in your children
6. Giving genuine importance to your child's opinion and listening
7. Taking the time to explain reasons
8. Feeding your child with positive encouragement
9. Encouraging your child to try new and challenging activities

True Happiness DVD

Your Guide to True Happiness DVD. Janice is joined by eight other professional to share their tips about how to create this happiness state of thinking and living.

If you wish to gauge your level of Happiness, email Janice to get your complimentary copy of her Scale of Happiness.

Janice is a Professional Speaker, Coach, Author and Business Trainer. She is available for conferences and in-house conferences.

Janice's website is <http://www.attitudespecialist.co.nz/>

Her books and ebooks are:

- Think like a Winner
- Say Yes to a Positive Attitude
- 200 Power Tips to keep your attitude Positive
- How to Get what you want in life and achieve Success
- Be a Winner by boosting your Esteem
- Dealing with Difficult People & Tricky Situations

Attitude & Esteem Training – 4 top books in ebook format

Janice has also had some DVD's: True Happiness
Empowering Woman

Online Success Coaching Course – 5 sessions over ten weeks.

Other resources available to help your esteem are:

- Positive Cards for Children,
- Positive Choices Cards for Teenagers and Adults
- For teenagers - Change Tactics DVD

Other Resources:

On the website <http://www.internationalselfesteem.com/> you will find additional tips, free ebooks articles and Eposters.

Janice and a number of the other contributors have written books which are available on their websites, which you can link via this ebook. Some of these people are also conference presenters. For more information check their websites or contact me.

A poem used by and made famous by

Nelson Mandela

... a world leader in peace.

Our deepest fear is not that we are inadequate,
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness that most frightens us.
We ask ourselves, who am I to be brilliant, gorgeous, talented fabulous?
Actually, who are you not to be?
You are a child of God.
Your playing small does not serve the world.
There is nothing enlightened about shrinking so that other people won't
feel insecure around you.
We were born to make manifest the glory of God that is within us.
It is not just in some of us, it is in everyone.
And as we let our own light shine, we unconsciously give other people
permission to do the same.
As we are liberated from our own fear, our presence automatically,
liberates others.

This poem is from the book the Course of Miracles written by Marianne Williamson.

