SELF-IMAGE

Chapter Fourteen
THE WAY YOU RESPOND AND THE ATTITUDES YOU HAVE ARE FORMED BY THE PICTURE YOU HAVE OF YOURSELF.

- Self-image is the core of personality. The opinion you have of yourself is the most important opinion.
- The mental picture you have of yourself is the strongest force within you.
- Life is a mirror. If you frown at it, it frowns back; if you smile, it returns the greeting. (William Makepeace Thackeray)
- Can you look in the mirror and honestly tell the person you see that you have done your best?
- The picture you paint of yourself is a result of your experiences and thoughts.

MYSELF

I have to live with myself, and so, I want to be fit for myself to know.
I want to be able as days go by, Always to look myself straight in the eye.
I don’t want to stand with the setting sun, And hate myself for the things I’ve done.
I want to go out with my head erect, I want to deserve everyone’s respect
Here in the struggle for fame and wealth, I want to be able to like myself.
I don’t want to look at myself and know, That I am shallow, an empty show.
I know what others may never know; I can never fool myself, and so,
Whatever happens, I want to be, Self-respecting, honest, and guilt-free.

—Author Unknown

PEOPLE WITH A POSITIVE SELF-IMAGE ARE TOO BUSY WITH THEIR OWN ACCOMPLISHMENTS TO CRITICIZE OTHERS.

- You must first see the good in yourself before you will see the good in others.
- If you do not compare yourself with another, you will be what you really are.
- Take time to improve yourself and you won’t have time to criticize others.
- Do not judge and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven. (Luke 6:37)
- You are not inferior. You are not superior. You are unique.
IT'S NOT WHAT YOU ARE THAT STOPS YOU IN LIFE—
IT'S WHAT YOU THINK YOU ARE NOT.

- It's not a lack of skill or lack of knowledge that gives you a bad picture of yourself. This is accomplished through a feeling of inferiority.
- Introspection is the examination of your own thoughts and feelings.
- To thine own self, be true. (William Shakespeare)
- To dream of the person you would like to be is to waste the person you are.
- Emotional scars can give you a picture of yourself of being unwanted, disliked, ugly, and incomplete.
- No one else can raise your self-esteem.

SELF-IMAGE

You cannot consistently perform in a manner that is inconsistent with the way you see yourself. The mind completes whatever idea you put into it. The beginning of a poor self-image comes from the fact that you live in a negative society and deal constantly with negative people. Many people have poor self-images because their ability, appearance, and intelligence have been ridiculed or questioned repeatedly by parents, teachers, friends, and others in authority. Another cause of a poor self-image is the tendency to compare yourself to others and see yourself as a failure. People tend to exaggerate other people's successful experiences and downgrade their own success. The fact is... someone is always around who is better than you at something.

Zig Ziglar, in his book, *See You at the Top*, lists 11 steps to acquiring a healthy self-image:

- **Take inventory.** You have special talents and gifts.
- **Dress up.** Your outward appearance affects your image and how you perform.
- **Follow and mimic those who were successful.**
- **Dare to try new things even if you fail.** Many people never attempt new things for fear of failing.
- **Learn to smile and enjoy life.**
- **Do something for someone else without looking for anything in return.**
- **Associate with people of high moral character.** Winning is all about doing that which is right.
- **Everyone has positive qualities; make a list of yours.**
- **You were designed for accomplishment, engineered for success, and endowed with the seeds of greatness.** You need to believe that.
- **Watch what goes into your mind.** It will either prepare you for success or it will tear you down and reduce your accomplishments.
• Decide in your heart to become everything that you were meant to be.

The power of positive thinking is the primary ingredient for developing a healthy self-image. The principles of honesty, character, faith, integrity, loyalty, and love are necessary for a balanced lifestyle and positive self-image.

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YOUR WORST ENEMY CANNOT HARM YOU AS MUCH AS YOUR OWN PERSONAL THOUGHTS.

• No one can make you feel inferior without your permission. (Eleanor Roosevelt)
• Surveys have shown that 95% of the youth in America would change their looks if they could.
• At least 95% of the population has had their lives lessened by feelings of inferiority that came from someone else.
• Every person on the face of the earth is inferior to some other person in some way.
• Feelings of inferiority originate not so much from facts or experiences, but from conclusions drawn from the facts and evaluations made of the experiences.
• A major cause of poor self-image is confusing failing in an event with being a failure as a person. Every person fails at something.
• An inferior person often strives for superiority over everyone else, which soon causes more frustration and misery.

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TRUE FREEDOM MEANS FREEING YOURSELF FROM THE DICTATES OF THE EGO. HUMILITY DOES NOT MEAN BELIEVING YOURSELF TO BE INFERIOR, BUT INSTEAD TO BE FREE FROM SELF-IMPORTANCE.

• Humility is the quality of being modest or respectful and possessing a power that is under control.
• Humility is not thinking less of yourself. It is thinking of yourself less.
• A man wrapped up in himself makes a very small bundle.
• When your mind is full of conceit, arrogance, ridicule, and is inclined to boast, it would be wise to remain silent.

When you're successful, you have a tendency to become arrogant, which often leads to a permissive lifestyle. Soon you start making wrong choices because you think you're invincible.
• Only an arrogant, self-contained man will claim to be independent of everyone else.
• Humility is the realization that you could have acted with a more aggressive approach, but responded otherwise.
• Without humility there can be no humanity. (John Buchan)
• Humility involves the capacity to retaliate if you wish, but deciding not to do so.

A HUMBLE MAN

John Wooden, former UCLA basketball coach, is known as one of the most humble—
and successful—coaches of all time. The sports media acknowledges him as the
“architect” of the greatest college basketball program in the history of the game. His
UCLA teams hold records few expect to be broken. Wooden led the Bruins to 10

Sports fans who have watched Wooden coach know he is a man of values and
respect. He developed the Pyramid of Success, which was the cornerstone of his
coaching philosophy at UCLA. The principles outlined in the pyramid form the basis of
Wooden’s outlook on life and explain much of his success on and off the court. Coach
Wooden’s Pyramid of Success reveals that success is built block by block, where each
block is a crucial principle contributing to lifelong achievement in every area of life. His
ability to instill these principles in his players made Wooden a master of developing
talent. Many coaches have adopted his philosophy and used it in their own programs.

John Wooden’s humility, perseverance, and endurance was well rewarded, as he
is one of only two people enshrined in the Basketball Hall of Fame as both a player
and a coach.

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NO SELF, NO PROBLEM. SUBMERGE YOUR OWN EGO
AND DO THINGS FOR THE GOOD OF THE GROUP.

• You have not truly lived until you do something for someone who cannot pay
  you back. If you give unselfishly, it will come back to you.
• When you break down your own sense of self-importance, you lose a parasite
  that has long infected your mind.
• Immaturity lies only in total ignorance of self.
• One thing you should let others find out for themselves is how great you are.
• The ego can only be erased through happiness and gratitude. (Amaud Desjardins)
• A person starts to live when he lives outside himself. (Albert Einstein)
• Swallowing your pride seldom leads to indigestion.

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The way to make a good impression on other people is to never consciously
try to make a good impression on them. Be yourself.
PEOPLE WITH A POOR SELF-IMAGE EITHER NEED ALL THE ATTENTION OR THEY ARE SO SELF-CONSCIOUS THAT THEY NEVER DO ANYTHING.

A poor self-image comes about in one way: You judge yourself and measure yourself against other people. Avoid measuring yourself against someone else's standards.

- A void exists within many people that needs to be fulfilled.
- You live in a negative society and are told by society what you can't do. That's why so many young people today have a poor self-image.
- Many people have been so conditioned by society to be negative, that they think it's normal behavior.
- A person with a poor picture of himself does not believe he can learn.
- Learn the origin of your inferiority and self-doubt feelings, which often begin in childhood. Self-knowledge leads to a cure. (Norman Vincent Peale)
- Your self-esteem is constantly assailed, yet it is really yours and no one else's. When it comes right down to it, remember, it's your self-esteem.

BUILDING SELF-ESTEEM

Self-esteem is vital to achievement. You must not only feel good about yourself, but also feel that you can perform and accomplish great things. Self-image is directly linked to success. If you have established a great work ethic and have disciplined your life, you will automatically begin to feel better about yourself. It's all interrelated.

No age limit is set on transforming your life. No rule exists that says that after a certain age you are simply the way you are and that's it. Change is not only possible at any time, but it is also essential.

You do have control over your life. Your success or failure is up to you. Everyone has times when they experience frustrations, and having doubts along the way is all part of the game. The key is to stick to your plan of attack and have the patience to realize that transforming your life is a marathon, not a sprint.

Once you have established that high self-esteem is essential for achievement, and you realize that self-image grows out of your work ethic, you are ready for the next step. You are ready to start demanding more of yourself.

If you don’t have class, nothing else matters.

- Having class requires conducting yourself with the highest level of integrity.
- Class is a quality that expects the highest standards of behavior and conduct.
- Class is the mark of an honest, decent person who never tears another person down and who practices the Golden Rule.
• Conceit is the only sickness that makes everyone sick except the person who has it.
• A person who is conceited assumes all the success alone.
• Always think: A little less of you, a little less of me, and a little more of us.
• A person with class doesn’t strive to look better by making others look worse.
• If you have class you don’t need much of anything else.

A PERSON WITH CLASS...

• Never builds himself up by tearing others down
• Doesn’t make excuses or blame others when things go wrong
• Admits his mistakes and learns from them
• Never quits when things become challenging or difficult
• Is comfortable around others because he is comfortable with himself
• Doesn’t need to be the center of attention
• Remains confident and poised, even during difficult times
• Has good manners and is considerate of others
• Doesn’t brag about material possessions
• Doesn’t gossip about others and instead looks for the good in them
• Is never loud or boastful
• Is humble when he succeeds at something
• Compliments others when they succeed at something

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HE THAT ALWAYS GIVES WAY TO OTHERS WILL END IN HAVING NO PRINCIPLES OF HIS OWN.
(Aesop)

• Many young people have no idea what they can do because all they’ve ever been told is what they can’t do.
• If you don’t stand for something, you’ll fall for anything.
• Refuse to allow the opinions of others to direct you.
• Many people suppress their potential by being overly concerned with what others think.
• The hardest battle you’re ever going to fight is the battle to be just you. (Leo Buscaglia)
• Open your mind to change, but don’t let go of your values.

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Don’t let other people determine or dictate your future.
A GREAT LEADER HAS A POSITIVE SELF-IMAGE AND KNOWS HOW TO DO WHAT IS RIGHT RATHER THAN WHAT IS POPULAR.

- Successful leaders will always do things right in an effort to advance human well-being.
- People with a positive self-image genuinely care about the people they are leading.
- Self-image affects every aspect of human behavior: the ability to learn, the capacity to grow and change, and the choice of friends and careers.
- Your actions, feelings, and behaviors are always consistent with your self-image.
- Self-esteem is the ability to appreciate the worth of something within yourself.
- Your perception (i.e., mental image) of a situation is produced in the light of experience.