



Do You Need to Strengthen Your *Self*-muscles?

Get ready because what you're about to read is written specifically for you! This workout can change your attitude, perspective, and outlook on life.

There's no special equipment, clothing, helmets, or paraphernalia needed for this workout. You can do it in the comfort of your home, and at the time of your choosing. You have everything you need right now to change your life forever.

Let's start with what we already know and that's the importance of having exercise routines for your body to keep your muscles flexible and toned, to keep your bones strong. The experts tell the minimum is 30-minutes of exercise, 3 times a week – 5 days a week is better. Terrific – we know the activities we need to do, the recommended length of time and frequency. That takes care of your muscles in your body.

What about your *self*-muscles?

Self-muscles you ask? Yes, *self*-muscles. These invisible, often neglected muscles are as vital to your survival as your skeletal muscles. Let's start with identifying the *self*-muscles that need special attention by completing the *Self*-Muscle Strength Test.

On the next page, you will see a list of *self*-muscles, and space for you to add ones not included on this list. Rate yourself on the scale of 0 – 10. Zero meaning it needs a great deal of exercise and 10 meaning that muscle is Wonder Woman caliber! To realize the most value from this exercise, give yourself the gift of being honest.

When you have completed the assessment, revisit each muscle rating. Using a different color of ink, make a mark to indicate where you would like to be on the strength scale.

This assessment serves several needs. It indicates where you are, where you want to be, which *self*-muscles need more attention, and which *self*-muscles can go on the maintenance plan.

The final step is to develop your personal *self*-muscle exercise routine!

Self-Muscles Strength Test

Self-Muscles

Strength Level

Example:

Willingness to take this test

Weak

Strong



Self-acceptance

0-----5-----10

Self-acknowledgement

0-----5-----10

Self-assurance

0-----5-----10

Self-awareness

0-----5-----10

Self-belief

0-----5-----10

Self-caring

0-----5-----10

Self-confidence

0-----5-----10

Self-control

0-----5-----10

Self-conviction

0-----5-----10

Self-discipline

0-----5-----10

Self-esteem

0-----5-----10

Self-image

0-----5-----10

Self-love

0-----5-----10

Self-motivation

0-----5-----10

Self-purpose

0-----5-----10

Self-respect

0-----5-----10

Self-understanding

0-----5-----10

Self-value

0-----5-----10

Self-wisdom

0-----5-----10

Self-worth

0-----5-----10

Are there some additional self-muscles you would like to add?

Self- 0_____ 5_____10

Self- 0_____ 5_____10

Self - 0_____ 5_____10

How did you do? Were you surprised with your results? Most of us are, so you're not alone! It can be quite a jolt seeing your scores in black and white. Remember this: what gets *recorded* gets *rewarded*. You've accomplished the *record*, now it's time to reap the *reward*.

When your *self*-muscles are strong, you can do most anything you set out to do. I love the quote by Henry Ford – “Whether you believe you can, or believe you can't, you're right.”

By strengthening your *self*-muscles, you can discover or uncover your untapped potential.

And that's when life gets really exciting!



Aerobics for *Self*-muscles

My first recommendation is vital as this is the foundation on which you are rating your strength. Using your dictionary or this link to <http://dictionary.reference.com/>, look up the definition of each *self*-muscle. This is not to suggest you don't know the meaning – rather it's to provide you with clear, descriptive words that represent to you what you will experience when you've achieved your desired level of strength.

Important to note. When doing a new exercise, even when in shape, your muscles might protest a bit – right? Sore, tender, uncomfortable? It's exactly the same when working out your *self*-muscles...it might be uncomfortable, sore, and you may want to give up.

With a deep sigh, the voice in your head might say, “It’s not worth it”. This is when I ask you to think of someone you admire and have them shout to you;



YOU ARE SO WORTH IT!! YES, YOU ARE!!

Using self-acceptance as an example, here’s the workout:

My definition:

Self- acceptance means that I understand and accept my character and habits; stop comparing myself and my achievements to others; accept my skills or the lack of them.

My workout:

Identify an old habit, belief, attitude and replace it with a new one that supports healthy self-acceptance. I’ll start with doing this 3 times a day – morning, afternoon and evening. As my proficiency increases, I’ll increase my frequency and continue to strengthen my self-acceptance muscle to achieve my goal.

When ‘comparisonitis’ sneaks into my thoughts and I start comparing me to someone else (weak, disempowering old habit), I will superimpose my new habit (strong, affirming) “we each have such different talents – human beings are amazing!” I will do 5 to 10 repetitions of this new habit before moving on.

Now it’s your turn:

Progress through your list of self-muscles you want to strengthen by writing your personal definition and then create one activity to propel you from where you are to where you want to be. This is a challenge – I totally get that! It isn’t easy. It takes work AND it’s so worthwhile! You will reap rewards for the remainder of your life.

How we act in life – interpersonally, emotionally and spiritually is how others see us. It’s more than our physical appearance. They sense our energy, attitudes, enthusiasm, and zest. Those invisible messages are your *self*-muscles and can be

just as obvious as your biceps or calf muscles. When your *self*-muscles are strong, you can uncover and connect with your potential – and that’s the greatest gift you can give to yourself, to others and to the world.

Invite the world to experience more of you as there

is no one else on earth exactly like you!

Here are a few more tips for you to consider as you create your *self*-muscle routine:



#1. Self-belief is learned

Your level of self-belief isn’t set in stone. You were born into this world with no sense of what you could or couldn’t do. Then, bit by bit, life started to teach you to limit yourself. A very young child doesn’t say: “I’m not the kind of person who could...” They haven’t yet learned to limit their own horizons.

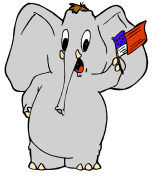
One of the first steps is to re-examine and discard many of the limiting ideas you have about yourself; beliefs that you’ve collected along the way and are limiting you.



#2. Shut down the negative inner voice

We all have one and it’s time to let it go. When you start to doubt yourself, stop and listen for a moment to that negative inner voice. Whose voice is it really? A parent’s, old school bullies? A collection of many different voices from different times and people? One thing is certain; that inner self-critical voice is not your voice. It may masquerade as belonging to you now, but it doesn’t really.

Tell yourself: “This is not my true voice!” Then start to challenge it and change it.

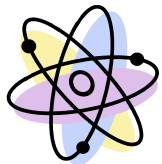


#3. Turn a weakness into strength

Dumbo, that adorable little elephant with the huge ears, was humiliated by his ears. He hated them at first. With great effort, he came to use them, to fulfill his destiny, by changing his attitude.

When we focus on what is *not* right about ourselves rather than what *is*, we miss opportunities for self-belief. Self-belief has a dual meaning. First, it can be used as a statement “I believe in myself.” Equally important is the underlying message – “I create my beliefs.” Many of us have ‘borrowed’ the beliefs’ of others that may not be healthy for us today.

Take any negative belief you have about yourself and creatively flip it so that it becomes a positive resource - think: ‘ears/Dumbo’. Have fun with this.



#4. Develop your ‘super powers’

Start your day by making a list of the super powers of some superheroes. They may be such things as super speed, the ability to climb walls, flight, x-ray vision...whatever. Why do this? Because ‘priming’ your mind with qualities and positive characteristics can actually determine your behavior.

Not that you’ll start flying to the rescue of stranded citizens, but the *pattern* of superhero powers is one of ability, courage, and competence. In one study, people who were asked to write as many superhero powers as they could think of were more likely to give to charity *months afterwards*. The *pattern* of giving to charity is that of *being able*. Prime your mind with ‘being able words’ before you start each day.

As well as superhero powers, write all kinds of other positive characteristics (whether you think you have them or not). Do this before you leave home. For example, I might write:

Strength	Quick wittedness	Dignity	Calm
Charisma	Approachability	Intelligence	Sex appeal
Humor	Popularity	Generosity	Determination

And so on. I'm not just asking you to focus on your own present or even future qualities here, but just on the words. Take a few moments writing them down each day, then a few moments scanning your list (it doesn't matter if it's a similar list each day). Reflect upon what each word means to you. You'll be amazed how doing this will powerfully prime your unconscious mind.



#5. Be your own motivational coach

If you notice doubts rearing their ugly heads, imagine you (the clear-headed part of you) are the coach and the anxious part of you is the person you need to talk to.

Think what you would say to someone you really believe in if *they* started showing doubts. This will shut down the doubts quickly. So if you are about to meet with a client prospect and you 'hear yourself' starting to express doubts, take a few moments to sit down, close your eyes, and coach yourself:

"Look, you can do this! It's natural to feel a little anxious, but that just means you care about what you're doing! You've got all the relevant experience and qualifications! Now get in there and stop whining! Even if you don't get this client, you're going to make me proud by giving it your best shot!"



#6. Create a powerful vision of yourself

Get into the habit of sitting down, closing your eyes, and watching yourself behaving decisively, calmly, and strongly. This powerful visualization exercise means you can learn from yourself how to be confident, have self-belief, and behave in

ways that maximize chances of success. Imagine you are viewing yourself on a TV screen. The 'you' in the screen is showing the 'you' watching how to act with self-belief. The more you do this, the more you'll find that you'll quite naturally start to become like the 'you' in the movie.

Yes, this is a workout that can change your life and just as when you're exercising the muscles in your body, it takes time and consistency to see and feel the results of your hard work.

My closing words for you are "You are so worth it!" Take charge of your *self*-muscles and take charge of your future. It's just around the corner!

If you you'd like to explore how you can use your self muscles to grow your business, I invite you to schedule a ***complimentary Strategy Call*** with me.

Why?

Because you matter. Your life matters. Your business matters and I want you to start living the life you dreamed of living when you started your business!

Schedule your session now – before time runs out. Act now so you don't miss this amazing opportunity – a \$350 value. ***It's yours free*** when you take action now and schedule your time.



Susan

Your Business, Your Life, Your Way!

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