



"Loving the Person in the Mirror"

I feel good about me! Can you make this statement with full confidence? How many of you have looked in the mirror at yourself? I mean, really looked at yourself? Do you like what you see? What do you see? Oh, my face is too big, my face has pimples, my hair is too short, my eyes are not right, my lips are too small, my lips are too big, too...and it goes on.

Of all the judgments you make in life, none is as important as the one you make about yourself. I know that many of you want to break free of negative self-concepts and self-defeating behavior. How many of you want to overcome anger, frustration, anxiety, depression and guilt? How many of you want to find the courage to love yourself? Look in the mirror and say, "I like you." Honestly and sincerely, you can say to the image in the mirror, "I like you." How we feel about ourselves affects virtually every aspect of our experiences, from the way we function at work, at school, in the community, at play, how high in life we are likely to rise, and also how we operate as parents.

Who and what we think we are shapes our responses to events. The dramas of our lives are the reflections of our most private visions of ourselves. Thus, good self-esteem is the key to success or the lack of to failure. Good self-esteem is also the key to understanding ourselves and others. Again, of all the judgments we make, none is as important as the one we make on ourselves. Self-esteem has two components: a feeling of personal competence, and a feeling of personal worth. In other words, self-esteem is the sum of self-confidence and self-respect. Self-esteem plus self-confidence equals self-respect. It reflects your judgment and your ability to cope with the challenges of your life, and your right to be happy. You are valuable and worthy. You received all the value and worth when God created you. He created no other being like YOU. You are special. You were fearfully and wonderfully made by the creator of the universe. No one else can breathe for you; no one else can think for you; no one else can thrust self-trust and self-love upon you. You can be loved by your family, your friends, and yet not love yourself. You can be admired by your friends and yet regard yourself as worthless. You can project an image of poise and confidence that fools virtually everyone and yet you secretly tremble with your own feelings of inaequacy. Here

are many people in all walks of life who think like this and the one's you think are most successful lack good self-esteem. Look in the mirror, look at your face. Notice your feelings as you do. At home, look into a full-length mirror. Notice your feelings. Probably you will like some parts of what you see more than others. If you are like most people, you will find some parts difficult to look at for long because they displease or agitate you. Perhaps you see pain in your face; perhaps there is an aspect of your body that you do not like some people see signs of age and cannot handle it — so the impulse is to flee from consciousness — reject, deny, or disown aspects of your self.

But stay focused in the mirror a few moments longer and experiment with saying to yourself, "whatever my defects or imperfections, I accept myself unreservedly and completely" Stay focused, breathe deeply, and allow yourself to experience fully the meanings of your words. Remember, "accepting" does not mean "liking." Accepting does not mean that we cannot imagine or wish for changes or improvements. It means experiencing, without denial or avoidance, that a fact is a fact, in

this case, it means accepting that the face and the body in the mirror are YOUR face and body and that they are what they are.

Even though you might not like everything or enjoy everything you see when you look in the mirror, you are still able to say, "Right now, that's me. I accept it. I love me. Do this for two minutes every morning and every night. Within a short time you will begin to experience the relationship between self-acceptance and self-esteem; a mind that honors sight honors itself. And, you will make another important discovery. You will be in more harmonious relationship with yourself and you will grow in self-confidence and self-respect. God wants us to have a healthy, self-awareness and to periodically analyze our lives. God loves you and wants you to succeed as a healthy, whole individual with a sound foundation and a healthy self-esteem.

Be the very best with the precious gift he has given you — Life Itself.

Look in the Mirror and Love Yourself!!!

Dr. Barbara Young



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