

Nutrients of Self-Image

The Self-Image needs two nutrients to grow, confirmation from others and confirmation from self. I will look at both of these nutrients in this article.

You need to receive praise from others. We all enjoy applause when we have done something well. Recognition is a prime motivator when used appropriately. I am a big advocate of taking every chance to praise someone when they do something worthy of praise. Praising others when appropriate is a win-win scenario. You make them feel good and your Self-Image gets a boost as well. Also it has the added benefit of greatly improving the chance that others will remember to praise you when you deserve it.

You also need to give yourself a hand once in a while. We call this positive imprinting. Unfortunately, most people are much better at self-deprecation than self-praise. In an effort to seem humble and avoid being called arrogant we belittle ourselves toward others. The effect is our Self-Image takes a huge hit when we do this. This is compounded by the few number of times we praise ourselves in front of others. I am not advocating bragging as a solution here. But do we really have to buy in to the "I have to cut myself down" mentality to be accepted today by friends? I cannot accept that. Remember what you say is not as important as what someone pictures. The way you say something determines the picture as much as the words you use. If we combine a careful selection of words with a proud but non bragging tone we can communicate pride in our efforts without being viewed and an egotist.

One great way to boost your self-praise is to record what you have done well in a performance journal. This will create multiple imprints in your Self-Image. You imprint by thinking about what you are going to write. You imprint when you write the words and again when you read back what you have written. Remembering to feed your Self-Image will aid you in reaching your goals.

By Lanny Bassham - info@mentalmanagement.com

Author of the books "With Winning in Mind" and "Freedom Flight - The Origins of Mental Power"