

# Protect Your Self-Esteem For Higher Performance and Greater Job Satisfaction

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**Remember** when your mother asked you, " Who do you think you are?" She probably had no idea how powerful that question really is. We become like the person we believe ourselves to be. Your self-concept, self-image, or level of self-esteem determines your destiny. Humans live up to, or down to, the person they think they are.

Believe that you can do something and you liberate your full potential to do it. Doubt that you can do it and you accomplish that defeat before you even try. When we feel held back by circumstances, all that really holds us back is a demeaning belief about ourselves.

To liberate and harness the full power of your potential you do not need to believe that you have any greater ability. You merely have to grow more aware of how you actually think of yourself, so that you can recognize when you are defeating yourself with a self-defeating notion of yourself. When you see that it is your mind that is defeating you, not reality, you drop self-defeating notions and set your higher potential free.

The real key to protecting oneself from the limitations of low self-esteem is *not* to try to impose a positive self-concept on oneself. It is to grow more aware of what one's mind is up to. To be honest with yourself, you must admit that there is no way to know exactly what you are capable of. When you recognize that what you believe about yourself is just a mental construct, rather than the absolute truth, about who you are, self-limiting concepts lose their power to hold you down. You self-doubt vanishes, freeing your power for greater, more satisfying accomplishment.

Developing your awareness of what your mind is up to protects you from the limitations imposed by a limiting self-concept. As you grow more aware, you'll recognize the limitations that you literally *think yourself into*. You will understand that, while it is possible that you do lack the ability to achieve a certain goal, it is just as possible that you have that ability. At the same time, you will observe directly and for yourself how a limiting self-concept locks you out of the higher level of accomplishment you desire. You then stop blaming circumstances or other people, or even yourself, for your dissatisfaction in life. You see the real source of your problem: believing in discouraging thoughts about yourself.

Protect your self-esteem for more success and fulfillment by diligently watching your thinking. Practice viewing the activities of your mind the way you watch TV. Devote a portion of your attention to the conscious observation of what you are thinking. You will soon how you *think* yourself into the person you think, feel, and act like. Continue this practice and you will see right through the veil cast upon reality by your thinking, right into the truth that you really do not know what you are capable of. From that clear vantage point you can consider *what you really desire to be capable of* and go for it

without a doubt, with full power and passion, freed from the shackles of self-demeaning speculation that had been confused with direction perception of reality, and soar like an eagle no longer chained to the floor.