

GENIUS NETWORK™ HOT TIPS SHEET

- **Self-esteem:** Our level of ability to cope with the basic challenges in life, and of feeling we are worthy of love, respect, success. In a word, happiness.
- **Self-efficacy and Self-respect:** *Self-efficacy:* confidence in our ability to think, to respond appropriately to the challenges of change, and to cope in general with the core challenges of life. *Self-respect:* the idea of feeling worthy of happiness, worthy of love.
- **Worthiness:** “Am I a good person? Am I a person that other people could respect or admire?” It doesn’t mean that anybody in particular has to love me.
- Treat people with respect, and learn how to be genuinely open to new ideas. Whether the goal is to create a culture of self-esteem or whether the goal is to inspire people to give their best.
- One of the most common causes of business failure is *executive fear of making decisions*. Reflects a lack of confidence in one’s own mind and judgment - a self-esteem problem.
- How would someone recognize that they have a negative or low self-esteem? Discomfort with self-assertion when expressing your own thoughts or feelings. Or being restless, hungry to be the center of attention, always the need for positive feedback to reassure yourself that you’re okay. Fear in the face of any kind of changes or operating in some new ways. Begin by finding out where they feel stuck.
- *The Six Pillars Of Self-Esteem*
 - The Practice of **Living Consciously:** *Respect for facts, understanding that wishes are feelings, not evidence or proof of anything.*
 - The Practice of **Self-Acceptance:** *Willingness to stare at whatever the truth is and not to run from it because it’s unpleasant.*
 - The Practice of **Self-Responsibility:** *Take responsibility for your life and well-being.*
 - The Practice of **Self-Assertiveness:** *Willingness to stand up for myself, for my values and my beliefs and my convictions.*
 - The Practice of **Living Purposefully:** *Be very clear about one’s goals.*
 - The Practice of **Personal Integrity:** *“This is what I should do.”*
- People, you see, don’t often realize what they’re capable of. They don’t realize that there are things they could do that they may firmly believe they can’t possibly do.
- When a person comes for help, they need an experience, not an explanation
- We shape our identity through what we are willing to take responsibility for.



“The root of happiness has to do with what we are primarily focused on.”
- Dr. Nathaniel Branden

BIG IDEAS/INSIGHTS I gained from this interview:

IDEA	How can I leverage this idea to my benefit?

ACTIONS I want to take based on these ideas:

ACTION/GOAL	Steps I can take right away to move on this?
Deadline: _____	
Deadline: _____	
Deadline: _____	

Recommended Resources:

- **Website:** www.NathanielBranden.com **Email:** NathanielBranden@yahoo.com
- **Books by Dr. Branden:** *The Psychology of Self-Esteem*, *Honoring the Self*, *The Six Pillars of Self-Esteem*, *The Art of Living Consciously*, *Self-Esteem At Work*

Other Recommended GN Interviews with Joe Polish:

- Dave Kekich (Founder of the Maximum Life Foundation) “The Secrets To Longevity”
- Vic Conant (Pres. of Nightingale Conant) “Expand Your Thinking, Staying Focused & Becoming More Successful”



For more **Genius Network™ Interviews** by Joe Polish with experts in the fields of business and personal success - visit www.GeniusNetwork.com.

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