

The Psychology of

WINNING

CHAPTER 6 POSITIVE SELF-IMAGE

Name: _____

"It's not what you are that holds you back. It's what you think you are not."

Dennis Waitley

READ About It:

"Self-image" refers to the way we see ourselves, the way we *feel* about ourselves. How does our self-image develop, according to Waitley [*HINT: It has to do with the experiences we've had since childhood*]? _____

What are the two "abilities of the mind" that determine our self-image, according to Waitley?

1. The _____ (the conscious) and 2. The _____ (the subconscious)

Get CRITICAL:

How do the conscious and subconscious mind work together? _____

Why does Waitley say "we are slaves" to the subconscious--why can't we just use our conscious willpower to change our self-image? _____

APPLY what you've learned:

Waitley says that any change in self-image has to come with a change in lifestyle (your habits, what you strive for). Name three things you can change in your life that will positively impact your self-image:

1. I will _____

2. I will _____

3. I will _____