

The JOHN MAXWELL **Team**

Meeting Three

THE LAW OF THE MIRROR

You Must See Value In Yourself And Add Value To Yourself

I. A Look In The Mirror – The Power Of _____

A. Self esteem is the single most significant key to a person's

B. Low self esteem puts a ceiling on our _____

**C. The value we place on ourselves is usually the value
_____ place on us.**

**D. “If you place a small value on yourself, rest assured the world will
not raise the price.”**

II. Steps to Build Your Self-Image

A. Guard your _____

**B. What we “Say” about ourselves, we tend to believe. What we
believe, we tend to act. What we act, we tend to become.**

**C. No world record was ever set by someone who said, “I can not do
this”**

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III. Stop _____ Yourself To Others

A. Making comparisons is an amazingly powerful attraction that is really just an _____ to your own potential.

IV. Move Beyond Your Own _____ Beliefs

A. Charles Schwab said, “When a man puts a limit on what he will do, he places a limit on what he can do.”

B. Discuss these steps to transforming limiting beliefs into empowering beliefs:

1. _____ a limiting belief that you want to change
2. _____ how that belief limits you.
3. _____ how you want to act, feel, or think
4. _____ a “turn around” statement that affirms or gives you the permission to act, feel or think differently.

V. Add Value to _____

VI. Do the _____ Even If It’s The Hard Thing

VII. Practice A Small Discipline Daily In A Specific Area Of Your Life

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VIII. Celebrate Small Victories

**IX. Embrace A _____ For Your Life Based On
What You Value**

X. Practice the _____ Strategy

XI. Take _____ for Your Life

OVERCOME GROWING PAINS

(Specific steps to amazing growth)

Make a list of your best personal qualities.

Review this list daily and add more as your awareness of yourself rises.

It is known that “Self-Talk” has a powerful effect on those who practice it: Negative self-talk to the negative and positive self-talk to the positive.

Write down some positive self-talk narratives that you can review each day.

Find a place to display positive statements about yourself that you can read each day.

Track how often you practice positive self-talk

Make specific scheduled time each day to focus on others.

Write down other people’s positive qualities and find a way to mention these things to them.

Find specific activities that by their nature focus on other people.

Read the next chapter this week – The Law of Reflection