

***How To Create A New Self Image That
Supports You:
No Willpower Required!***



© 2013 How To Create A New Self Image That Supports You by John H. Francis

Introduction

This E-book/workbook is designed to help you in all these areas in your life:

- Career/Business/Work
- People & Relationships (Family, friends, ideal partner, clients, etc.)
- Money, Abundance and wealth
- Health and Exercise
- Peace of mind
- Physical, Mental and Emotional well being
- Personal growth, development, goals, challenges, dreams, ambitions and aspirations.

By creating a new Self Image that supports you for the dreams you are aiming at without having to use your willpower. You will learn how much of an impact your Self Image has on your life which you may not be aware of. If you ever wondered why you tried so hard in the past to achieve goals and things did not work out, this E-book will help you unlock this mystery.

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Testimonials and Reviews

"John's book reaches right into us, where negative self-talk is trying to hold us back... and extends a supportive hand to pull us out into the light of positivity. The principles in this workbook put YOU in the driver's seat of your life, rather than the thoughts and opinions of others (or the critical voice in your own head). These are wonderful concepts to consider for those who may be subconsciously sabotaging their own efforts at success and a positive sense of self-worth. It is absolutely possible to visualize our way to a better self, and John helps us do this!"

Julie V. May, PhD

www.MenuMusings.com

Menu Musings of a Modern American Mom

"Prepare to say goodbye to yourself, and hello to the self you were destined to be. John will smash every mirror in your mind about who you were and completely redecorate your self image."

"A book for anyone seeking a mental makeover!"

Emma Mildon,

International Author & Columnist

www.emmamildon.com

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"What we are today comes from our thoughts of yesterday, and our present thoughts build our life of tomorrow: Our life is the creation of our mind." — Buddha

Chapter 1.) How your Self Image affects you, your decisions and actions unconsciously...

Have you noticed that there are people who seem to get all the breaks without putting any effort into anything and there are people who work so hard and always fall short of their goal?

Sometimes you look at a person and you think they have the perfect ideal look or talents to be someone special, but then you see someone who you wouldn't even give them a second look or even take them serious, but it is the second person who ends up becoming the most successful while the first person is just average and ordinary.

Why is that? What makes some people stand out when everything is against them to succeed and then the one with all the opportunities lets it slip through their fingers?

Perhaps you are dating and you feel you can't meet Mr. or Miss Right, which you keep ending up in the same kind of relationships over and over again?

Maybe you are at work and things are not happening the way you want it, even though you try to improve your situation or increase your income...

All these experiences can be traced back to the self-image of each individual.

Our Self Image acts as a mental filter based on our belief systems and our past experience whether personal, observed, heard about or was taught, etc.

It is our Self Image that causes us subconsciously to decide if we can or can't do a thing. If we believe something is impossible and have no evidence to prove otherwise, our situation will automatically adjust itself to mirror that belief system.

Example: When the Wright brothers, bicycle repair shop owners, were planning to fly the first plane, people thought it was impossible and ridiculous, but once the evidence shown that it could be done it led to many more innovations and the growth of the aviation industry.

Most inventors and visionaries encounter this negative feedback in pursuit of their dreams...but something inside of them believed that the thing they were attempting to do was possible despite the lack of evidence. They had an inner faith to move forward; in their mind they pictured themselves doing the thing. They imagined that their goal could be achieved with their self-image.

"The mind is the source of happiness and unhappiness." — Buddha

As long as you let doubt, fear or other people's negative opinions affect your thoughts and actions; you will unconsciously do what will match your internal expectation, whether it's a positive or negative outcome.

"Peace comes from within. Do not seek it without." — Buddha

"There is nothing so disobedient as an undisciplined mind, and there is nothing so obedient as a disciplined mind." — Buddha

Chapter 2.) Your Self Image and Subconscious Mind...

Your Subconscious Mind will do everything in its power to mirror your Self Image and belief systems. Whether they are empowering or limiting beliefs, its job is giving you what privately belief you deserve or are worthy of. If things are not going the way you want in life, then it's time to examine your beliefs, thoughts and self-image. You are constantly visualizing yourself in different situations with your Self Image and these images go to your Subconscious Mind to give it the direction you unconsciously focus on whether the situation is positive or negative.

"To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind he can find the way to Enlightenment, and all wisdom and virtue will naturally come to him." — Buddha

Personal

Notes: _____

"Words have the power to both destroy and heal. When words are both true and kind, they can change our world." — Buddha

Chapter 3.) Your Supportive Self Image vs. your Inner Critic...

We all hear that little voice in our head trying to tell us what to do, how to do it, when to do it, can't we do better? Why are things the way they are? Feelings of not being good enough, doubts, fears and negativity drowning out our hopes. Let's call this voice the Inner Critic, whose sole existence is to make you feel worse than you already do when things go wrong. Then we got that other voice who says a thing might be possible, why not try and go for it, what do we have to lose? A positive, upbeat and optimistic voice, let's call that one your Supportive Self.

These two self-talkers intervene depending on the situation, your past experiences, your beliefs and how you see yourself through your Self Image.

In order to have the ideal life where you attract the right relationships, career opportunities, more fulfilling lifestyle, health and wealth, then you need your Supportive Self encouraging you on a regular basis to overcome your self-limiting beliefs.

How would you feel if your Inner Critic went on a very long vacation and you heard words of praise and congratulations on a regular basis? It feels good, right?

Notes: _____

"All that we are is the result of what we have thought. If a man speaks or acts with a bad thought, pain follows him. If a man speaks or acts with a pure thought, happiness follows him, like a shadow that never leaves him." — Buddha

Chapter 4.) Top Ten mistakes you make with your self Image and how to avoid them...

"Argue for your limitations, and sure enough they're yours." — Richard Bach

Mistake 1.) Being overly critical of yourself.

Problem:

Negative self-talk from your Inner Critic.

Saying to yourself things that demotivate you.

Doubting your abilities.

Reliving past failures in your mind.

Questioning your own decisions and actions.

How does it feel when you hear that critical self-talk in your mind?

wouldn't you want to hear more positive things and less negativity?

what do you think your life would be like if you had a better Self Image?

Solution: Develop or learn a way to manage your self-talk in a more positive way with your Self Image.

“Those who cannot change their minds cannot change anything.” — George Bernard Shaw

Mistake 2.)Low self-esteem, worrying what about what other people think about you or their opinions.

Problem:

Not believing in yourself.

Lack of confidence and poor self-image.

Letting people tell you what to do.

Letting them take advantage of you.

Not being assertive.

Unwilling to stand up for what you believe in.

How would your life improve if you had more self-esteem?

How long have you held yourself back because of others opinions?

Isn't now a good time to change some of those limiting beliefs?

Solution: It's good to respect others, but it even more important to respect ourselves. Having self-esteem is key if you are trying to achieve goals or follow a dream. Sometimes we will get negative feedback from the people we care about the most. It doesn't mean they are right or even wrong with their opinions. It's their opinions, based on their belief systems and past experiences. What matters the most is you have to learn to believe in yourself with a more supportive self Image.

"All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident." — Arthur Schopenhauer

Mistake 3.) Living life based on self-limiting beliefs.

Problem: There are many examples of outdated beliefs and stereotypes that have limited people in the past such as women's rights, the color of a person's skin, cultural beliefs, that it was impossible for people to fly until the wright brothers proved otherwise with their first plane, other great inventions made that benefit mankind today when it was first considered a foolish idea, etc.

where did these beliefs even come from? Suggestions and opinions from your family, friends, strangers? Are these beliefs correct for you or based on someone else's experiences? What if the information you received is wrong or just outdated?

Solution: Constantly things from our past beliefs are being challenged when someone proves something can be done. It causes a paradigm shift in society because of the new belief system that things are possible now. You can do that for yourself by creating a new supportive Self Image.

"I have not failed. I've just found 10,000 ways that won't work." — Thomas Alva Edison

Mistake 4.) Letting your past failures determine your present decisions, actions and situation.

Problem: Reliving past failures in your mind doesn't help you to move forward in life.

When a baby first learns to walk, they usually stumble and fall many times, are they embarrassed? Do they give up trying? No, because they don't let the past interfere with their new effort, they will keep on trying until they succeed.

When adults stumble or fail at something, they usually hope that no one saw them make the mistake and they reconsider if they will attempt doing a thing. Everything we learn in life, we may not be good at it right away, but given time and practice we will get better at it. That is why we can't let past failures determine our attempts to improve or achieve personal growth.

what past failure would you like to let go now?

Solution: Anything worth doing deserves to be done with time, effort and an open mind. Create a new self-image that focuses on past success instead.

"They always say time changes things, but you actually have to change them yourself." — Andy Warhol

Mistake 5.) Letting fear block us from achieving goals, giving up on our dreams too easily.

Problem:

Fear and doubt are huge stumbling blocks that limit our potential. Everybody feels fear, that's natural. We are usually afraid of the unknown result even if it's positive for us because it's different from what we are used to. We are creatures of habits and trying something new will interrupt our old patterns of doing and thinking things. People usually do everything to avoid change even if it's better for us.

What if this new way would make you feel more fulfilled?

Leads to more personal growth, better health or even wealth?

What if this change leads to increased life, what are you willing to do to overcome this fear?

Solution: Learn how to overcome fear by developing a new self-image that empowers you.

"We accept the love we think we deserve." — Stephen Chbosky

Mistake 6.) Feelings of unworthiness. Poor Self Image leads to self-defeating behavior.

Problem:

Feelings of guilt, shame or unworthiness can be a result of some past experience from years ago. Who you are today is different from the person you were yesterday and your past self. You must have a feeling that what you are striving for now benefits you, your family, friends or someone you may not even know. If you are going to do something that will help others in a positive way, then feel that you deserve to achieve that goal. Your Self Image must feel good about yourself and your actions to get the maximum results. Any lingering feelings of unworthiness only leads to self-sabotage subconsciously.

what do you think you would be capable of doing if you believed more in yourself?

How confident would you be?

what would you try that you were afraid of before?

Solution: You have to develop a Self Image where you feel you deserve to succeed because both you and others are benefiting from your personal growth.

“Change will not come if we wait for some other person, or if we wait for some other time. We are the ones we've been waiting for. We are the change that we seek.” — Barack Obama

Mistake 7.) Always finding excuses not to move forward or advance in your life.

Problem:

When you are filled with negative emotions of fear, doubt, guilt, shame or unworthiness, you will unconsciously find excuses so you don't take the necessary action to move forward.

What are some of the excuses you used to stop you from taking action?

Why?

Solution: This is why it's so important to create a new Self Image that you think, feel and act in alignment with your goal and dreams. When a person is working with their Supportive Self Image, willpower is not really needed because you automatically do the actions that leads to personal achievement and increased life.

"Whether you think that you can, or that you can't, you are usually right." — Henry Ford

Mistake 8.) Constantly picturing the worst case scenarios in your mind.

Problem:

what happens to most people who fall short of their goals or don't achieve what they set to do is what they give attention to. Most people will focus on what they don't want while getting emotionally charged about a negative situation. When you do this, you start living this negative experience over and over again in your Self Image. Since like attracts like, you end up in situations that mirror what you are constantly focusing on. As a result of this focus, this is the reality that your Self Image lives in.

What situation have you been encountering on a regular basis, that you want to change now?

Solution: Change what you focus on; find something to be grateful for.

"Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one getting burned." — Buddha

Mistake 9.)Lack of gratitude and focusing on what you don't want.

Problem:

In the absence of gratitude, your thoughts, mind and Self Image will focus on the things and situations that are not empowering you.

Usually people are thinking about what is missing in their life.

whether it's a lack of money, opportunity, good relationships, freedom, time, etc. Your Self Image is filled with these negative emotions and pictures of lacking. what you think, feel and act on a regular basis is what your Self Image vibrates to the Law of Attraction.

what can you be grateful for right now?

Solution: Give more attention to what is going good in your life and think about what else you can make good or better.

“Yesterday is history, tomorrow is a mystery, today is a gift of God, which is why we call it the present.” — Bil Keane

Mistake 10.) Subconscious self-sabotage

Problem:

When we usually focus on what is going wrong, we will begin to believe something is going to go wrong and expect this to happen, our Subconscious Mind will do whatever it takes to make this come true for us. Your Subconscious Mind does everything in its power to give you what you picture and hold in your mind based on your Self Image. So if you are focusing on lack, disappointment, fear, doubts, unworthiness and negative past experiences on a regular basis, your Subconscious Mind will mirror what you are unconsciously visualizing with your Self Image. What you expect is what you get and as long as you see what you don't want happening to your Self Image, this pattern will repeat itself.

This is the reason why you keep getting what you are currently getting in your life. Now wouldn't it be nice if you can turn this around and live the life you truly desire? What would your dream be like if you could live it right now?

Solution: Create a new supportive Self Image that works with your Subconscious Mind.

"The thought manifests as the word. The word manifests as the deed. The deed develops into habit. And the habit hardens into character. So watch the thought and its ways with care. And let it spring from love, born out of concern for all beings." — Buddha

Chapter 5.) How your Beliefs and Self Image sends a Vibration...

If you are aware of the Law of Attraction, you might also be know that a vibration, signal, frequency or a communication has to be sent out for the Law of Attraction to respond to it.

The Law of Vibration precedes the Law of Attraction. Thoughts and feelings are vibrations that other people can feel just by entering a room. Have you ever gone somewhere and there are people not saying anything yet you can feel the tension in the room instantly? Maybe you are at a party and you can feel how everyone is having a great time by the high energy and excitement vibrating in the room?

The same thing is happening with your Self Image since it is composed of your thoughts, feelings, past experiences and beliefs. The Self Image is constantly vibrating in a certain way so it can attract more of the same situations and circumstances back into you like a mirror reflects your image back to you.

Now here's the key question for you, if you have a poor self-image of yourself, what kind of unconscious message are you sending out to others? Is this maybe the reason why you have been getting the results that you have in your past? If so, what are you willing to do to change your situation? How do you want your life to really be if you could change it for the better now?

“Everyone thinks of changing the world, but no one thinks of changing himself.” — Leo Tolstoy

Chapter 6.) How your Self Image vibrates with the Law of Attraction...

The Universal Law of Attraction may be defined as: whatever we give our attention or focus for a period of time whether its good for us or not, we end up attracting into our life unconsciously.

As mentioned earlier, our Self Image acts like a mental filter so whatever we give attention to we will unconsciously have a biased positive or negative association with what we are observing, hearing or experiencing.

When a person tries to apply the Law of Attraction to their life but they have a poor self-image of themselves, the results they get are not what they hoped for.

If we don't believe deep down that we are deserving of something, no matter how much work or willpower applied, for some unknown reasons things just don't work out. Have you ever had an experience like that?

"The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking." — Albert Einstein

Chapter 7.) what you Envision within plays out in your Life...

Do you think that maybe you live two lives at the same time? The one alone in your head and the other one where you interact with everyone else. Some call this the Inner and Outer world. Were you aware what happens in your Inner world affects how your life plays out in the Outer world? So if you want to change the circumstances that you encounter with everyone, it would make sense to change your Inner world first, right?

The images that we hold inside our mind about ourselves and how we think we can or cannot handle a situation always find a way to our outer world.

What experiences have you had that matches this situation?

"Destiny is not a matter of chance; it is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved." — William Jennings Bryan

Chapter 8.) Change your Beliefs, Change your Self Image, and Change your Life...

Since your belief systems is the result of habitual thinking, past experiences and suggestions that have not been examined if they are true or false. This mental picture of yourself represent your core being, the good news is you can recreate your Self Image by developing new belief system that support and empower you. Anything that is limiting, you need to check if these are just outdated beliefs from an earlier version of yourself that has expired like some bad food in the fridge that you forgot about.

Now with these new beliefs, it's much easier to develop new habits and action that take very little willpower if any at all. Your new Self Image will automatically adopt the new program that you are visualizing and believing that is true. This is the key if you want to change something in your life, you must change your Self Image and what thoughts you are picturing.

Therefore you have to see yourself living the life you want to live, exactly like you want it to be in vivid details. This mental picture must proceed before you can feel you deserve this life and be able to take the necessary actions when opportunities pop up.

How do you want your life to be?

A) Examples of a Supportive Self-Image: Oprah Winfrey

- Oprah Winfrey was born into poverty in to a teenage single mother.
- She experienced considerable hardship during her childhood.
- landed a job in radio while still in high school.
- began co-anchoring the local evening news at young age.
- popularized and revolutionized the tabloid talk show genre.
- launched her own production company and became internationally syndicated.
- reinvented her show with a focus on literature, self-improvement, and spirituality.
- ran her show successfully for over 25 years.
- created her OWN television network channel.
- Inspirational talk show host, actress, producer, and philanthropist.

B) Examples of a Supportive Self-Image: Walt Disney

- Fired from a newspaper job for "lacking imagination" and "having no original ideas".
- Disney eventually became a film producer and the original voice of Mickey Mouse.
- He was also an innovator in animation and theme park design.
- American animator, film producer, director, screenwriter, voice actor, entrepreneur, entertainer and philanthropist.

C) Examples of a Supportive Self-Image: Helen Keller

- She was the first deaf blind person to earn a Bachelor of Arts degree.
- advocate for people with disabilities.
- Keller went on to become a world-famous speaker and author.
- Keller wrote a total of 12 published books and several articles.

D) Examples of a Supportive Self-Image: Colonel Sanders

- At age 65, after Harland Sanders' store failed due to the then-new Interstate 75 reducing his restaurant's customer traffic, decides to market his "secret recipe" for franchising.
- he took \$105 from his first Social Security check and began visiting potential franchisees.
- Founder of the Kentucky Fried Chicken (KFC) restaurant chain.

E) Examples of a Supportive Self-Image: Paula Deen

- In her 20s, Paula Deen suffered from panic attacks and agoraphobia.
- focused on cooking for her family as something she could do without leaving her house.
- Divorced twice.
- Money was tight raising both her kids, she tried several jobs to make ends meet.
- She then started a catering service.
- Eventually opened restaurants and recognized for her cooking and recipes.
- American cook, cooking show host, restaurateur, author, actress and Emmy Award-winning television personality.

F) Examples of a Supportive Self-Image: Will Smith

- American actor, producer, and rapper.
- Success in television, film and music.
- Early in his career Smith spent money freely.
- owed over \$2 million in taxes and nearly bankrupt.
- turned his finances around while building his career.
- Smith set for himself the goal of becoming "the biggest movie star in the world".
- only actor to have eight consecutive films gross over \$100 million in the domestic box office.
- his films have grossed \$6.36 billion in global box office

"To love oneself is the beginning of a lifelong romance" — Oscar Wilde

Chapter 9.) How to develop a Self Image that supports you...

Once you have clear idea of what you want and how you want your life to be, then you can begin to develop your Supportive Self Image. Your new thoughts will lead to taking the necessary actions that are in alignment with your goals and dreams become easy, effortless and even fun, because you are doing what you believe in.

There is no inner conflict and the Inner Critic goes on vacation since you have strengthened your hope, faith, confidence and self-esteem. You have found inner peace. Everything that vibrates with your end goal feels natural for you to do. You will think, feel and act in accordance to your new Self Image where you see yourself living the life you have imagined.

“Be the change that you wish to see in the world.” — Mahatma Gandhi

Chapter 10.) How to Attract what you want with your new Supportive Self Image...

The Creative Internalization is a 3 step process where your Self Image is supportive and in alignment with your dreams and you feel as if you have achieved your goal already. You have to see, feel and know internally that you can, will and have accomplished your task in your inner spiritual self.

You need to experience the way things will look, sound, smell, taste and feel as if you had the thing you wanted in front of you right now. It is this internal experience that has to exist for your Self Image to support you. If you can't see yourself doing it in your mind, how do you expect or believe that this will happen for you. This is where the new Self Image comes in, the moment you can see yourself having or doing that thing right now in this moment, then it's easy for your supportive self Image which is your internal compass to guide you to success.

Chapter 11.) The 3 Step process of Creative Internalization...

- Step 1: Creative Introspection
- Step 2: Creative Visualization
- Step 3: Creative Meditation

Step 1-Creative Introspection

Introspection is the method of asking yourself questions. Most people do that already unconsciously but they are using asking themselves things that lead to a negative answer because of their Inner Critic. Creative Introspection is about asking empowering questions that lead to positive answers that lead to inspired action.

"I am enough of an artist to draw freely upon my imagination. Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world." — Albert Einstein

Step 2-Create Visualization

Visualization is the method of picturing images in your mind. Most people usually picture things that they have experienced before and tend to relive these situations over again whether positive or negative. Creative Visualization is creating new memories that you want experience in a positive way, sort of getting a preview of events to come. This is important to the Self Image since it becomes a possible path that the Subconscious Mind can begin to go in to match your desires.

"Everything you can imagine is real." — Pablo Picasso

"Meditation brings wisdom; lack of meditation leaves ignorance. Know well what leads you forward and what hold you back, and choose the path that leads to wisdom." — Buddha

Step 3- Creative Meditation

Meditation is a method of relaxation and focusing within. Creative Meditation is being at peace with oneself knowing and feeling that your goals have been achieved and fulfilled. It's letting go of anxiety, worry, doubt and fear. Just focusing on faith and trust that your new Supportive Self Image is now in alignment with all that you want to attract into your life.

For water to freeze into ice, it has to stay still, water in motion takes longer to crystallize, if you want your dreams to happen for you from a thought within to something into your outer world, you must be at peace to get best results.

"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment." —
Buddha

The Creative Internalization Process:

Creative Internalizations is the combined methods of Creative Introspection, Visualization and Meditation. In order for your Self Image to support you on your goals, you have to internalize the experience you want to feel happen to you. This is just like planting a seed into the soil, giving it water and sunlight; you let nature take its course.

Just like anything you plant in a garden like a flower, fruit or vegetable, you have to plant the seed first. You must do the same thing with your Self Image meaning you must plant the successful experience (the seed) with your Supportive Self Image into your Subconscious Mind (the soil) so you can step into this picture and begin living that life.

"The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles but to live in the present moment wisely and earnestly." — Buddha

The key to get best results for the Creative Internalization Process is to feel with all you senses what your goal feels like when accomplished by using the 3 methods of Introspection, Visualization and Meditation to enter the state of achievement. This feeling creates a vibration that the Law of Attraction responds to. To get consistent results you should practice Creative Internalization at least twice a day for ten minutes in the morning and at night for a period of 21 days or more so it becomes automatic for you.

Now, pick a goal that you desire to achieve...

Write down the details so you will have a clearer picture in your mind so you can Creatively Internalize into your Self Image.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Creative Internalization Process Exercise:

1.1 How does it feel to achieve your goal? What is best about this experience?

1.2 What are you seeing in your mind? What are you doing that is enjoyable?

1.3 What are you hearing that sounds good to you? What makes it special to you?

1.4 Are you touching anything in this Dramatic Imagery, what does it feel like? what makes it feel real for you right at this moment?

1.5 Are you using your other senses like smell and taste to make the experience more real? Are you celebrating your success with a nice meal to make it more memorable?

1.6 How do you feel about your Supportive Self Image now being in alignment with your goal?

1.7 Knowing and feeling the experience of your accomplishment now, does it bring you a feeling of inner peace?

1.8 Continue to relive this Creative Internalization several time a day and feel relaxed that things are now falling into place for you. Re-read this workbook to sharpen your skills and vision and share it with your friends, family and colleagues who can benefit from this.

"To give so much time to the improvement of yourself that you have no time to criticize others. To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble. To think well of yourself and to proclaim this fact to the world, not in loud words but great deeds. To live in faith that the whole world is on your side so long as you are true to the best that is in you." — Christian D. Larson, *Your Forces and How to Use Them*

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Creative Self Image Life Coach

To learn more about the author and his other projects, please visit

- <http://www.createnewselfimage.info/>
- <http://www.loyaltepays.com/lp/createnew1/>

"What the mind of man can conceive and believe, it can achieve", I heard that saying years ago and I made it part of my life's mission to get the full understanding of that phrase by Napoleon Hill, one of the greatest self help writers of all time. Having studied and practiced the best techniques for creative visualization and achieving goals, now I am sharing the best ways to learn how to create a new Self Image to attract more of what you want and live the life of your dreams.

Feel free to share this book with everyone that might benefit from it.
Sharing is caring.

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How To Create A New Self Image Resource Page

After reading the "How to Create a New Self Image workbook", here are some additional resources to help you achieve your dreams of creating a new successful you.

Continuing Coaching Program:

If you are looking for more information about a personal life coaching program for yourself, you can check out [The Go Big Coach VIP Program](#)

This program can help you get clear, find your purpose and live an extraordinary life.

The Forgotten Laws:

If you like learning about the Universal Laws and how they affect your life like the Law of Attraction and the Law of Vibration, you will want to discover

[“The 11 Forgotten Laws That Make The Law of Attraction An Unbreakable Force”](#)

The Science of Getting Rich Course:

If you would like to attract more money into your life using the Law of Attraction and your new Supportive Self Image, check out [The SGR Program](#).

The Science of Getting Rich has inspired so many people to develop a wealthy mindset that helps create the right thinking and habits that puts you on track to a wealthier life. This is one of the inspirations for “The Secret”.