

RISE & Shine!

Your Day-by-Day Guidebook to Healthy Self-Esteem

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Live & Learn
New York

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Published By

Live & Learn

P.O. Box 226

Putnam Valley, NY 10579

Orders: www.liveandlearnguides.com

Printed in the United States of America

“To realize one’s destiny is a person’s only real obligation... And, when you want something, all the universe conspires in helping you to achieve it.”

Paulo Coelho, *The Alchemist*

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Author's Note

Not too long ago, I wrote a book called *The Self-Esteem Solution: The Breakthrough Plan to Overcome Obstacles, Determine Your Destiny, and Pursue Your Extraordinary Life*. It was the inspired culmination of many years working with clients in the modalities of hypnosis, extra-sensory perception, and spiritual coaching. I saw that my clients wanted to understand who they were and how to express themselves. They were searching for emotional authenticity and integrity in identifying and pursuing their dreams.

Following the publication of *The Self-Esteem Solution*, I was besieged by readers and clients to offer a series of practices to enable them to **RISE** (recover their inherent self-esteem). I'm thankful to those clients and friends for their questions, suggestions, and feedback. It's a labor of great love to write, as it challenges one of my old **LoSEr** (low self-esteem) triggers, "Who are *you* to think you have anything important to say?"

I hope you find these ideas and exercises helpful. Take a good look at the Big Lies and the **RISEr** Mandates; they're suitable for a quick check-in when you're **RISE**-ing. As always, these chapters are ideas and suggestions – listen to and follow your instincts, and you can't help but **RISE** and shine!

Our Agreement

I based this book on my personal observations and experiences. You, the reader, must take one hundred percent responsibility for your own health, both physical and emotional. ***RISE & Shine*** should not be used to diagnose the presence or absence of any particular mental, physical, or emotional ailment, nor is it intended to be a substitute for the services of any health care professional. The author is not responsible for any consequences incurred by those employing the exercises or techniques discussed or taught herein. Any application of the material outlined in the following pages is at the reader's discretion and is his or her sole responsibility.

How To Use This Book

Read these chapters in any order. Choose a title that resonates with you each week or go from beginning to end. Not every topic will apply to you; skip it if it doesn't, keeping in mind that your low self-esteem (**LoSE**) may compel you to read every page in chronological order. Many **LoSErs** learned the only way to achieve a goal is to follow the rules to a T.

The very notion of responding to chapters and exercises that resonate with you is an exciting way to begin **RISE**-ing. Decide for yourself how to proceed! Your intuition or your subconscious mind may draw you toward one chapter or another, and following those instincts is a great way to acknowledge your unique approach to the world.

Each chapter takes one typical **LoSE** issue, lays out its origins and various manifestations, contrasts it with the **RISE** position, and then outlines specific techniques to observe, tackle, and alter behavior or thinking in the context of that issue. The purpose is to present multiple approaches to the natural healthy self-esteem that is already within you: flawless, abundant, life-affirming, joyful, and perfect, desiring only to express its glory through the uniqueness of *you*.

The first part of each chapter allows you to consider the topic from a safe place. Observe it without judgment, as if you're an anthropologist witnessing the behavior of a people you don't yet understand. The subsequent four sections comprise daily considerations to address that particular **LoSE** behavior and to build up **RISE** responses.

A sample week might go like this:

Monday, you open the book to Chapter 13, Day 1, and read about Passive-Aggression. You understand how and why it is a **LoSE** behavior and to peruse some of the **RISE** antidotes.

On Tuesday, you turn to the next section of Chapter 13 titled Day 2, where you read how certain ideas might apply to you personally. At the end of the section, you read through the suggested exercise to practice throughout the day.

On Wednesday, you'll continue with section Day 3, where you'll learn how to help **LoSErs** in your life to be direct with you.

Thursday's section of Chapter 13 (Day 4) offers another specific point about getting stuck in passive-aggression, including a basic formula to recognize triggers and work through a **LoSE** moment.

Friday (Day 5 of Chapter 13), presents an imagination exercise to address passive-aggression whenever it rears its ugly head.

Over the weekend, all you've read and practiced percolates into your subconscious mind, and all you've gathered about **RISE**-ing gently and steadily builds a solid foundation of healthy self-esteem.

Some readers may choose to repeat a week or to take time off between chapters. Sometimes the exercises don't apply or won't feel right for you. That's okay; take in the information and allow yourself to be open

to whatever **LoSE** themes arise. You're a courageous adventurer into the depths of your power. Take the steps that feel right for *you*.

Unless you feel inspired, there's no rule to tackle the chapters consecutively and get it all done in one year. Recovering inherent self-esteem will be a breeze sometimes and at other times will feel like pushing a massive boulder up a steep hill.

These exercises and ideas provoke some internal questioning that can only bring you closer to a profound awareness of your unique wonder. When you **RISE**, you genuinely do shine!

Terms To Know

Authority Figure

A person whose real or apparent authority inspires or demands obedience and emulation. Parents, teachers, and police officers are traditional Authority Figures for children. For adults, Authority Figures may still be parents and may also include bosses, elders, news anchors on television or Hollywood entertainers, and others with dominant personalities. Used interchangeably with **Important Adults**.

Be→Feel→Do

My formula defining healthy self-esteem. As a **RISer**, you know that you can *be* who you are, which leads you to *feel* which way to go, after which you naturally take action (*do*) to achieve a fulfilling, satisfying life. **LoSErs** have the formula backward (see below: Do→Feel→Be)

Do→Feel→Be

The inverted formula **LoSErs** learned: *Do* anything, any hobby or activity, so you can *feel* safe, good, and accepted, and therefore *be* worthy of taking up space in life.

God

I recognize that not all of my readers believe in God, as I do. I respect all faith traditions, which is why in this book I invite you to substitute the word or concept with one of your choosing. I alternately refer to God as Creator, Higher Mind, Psyche, Subconscious Mind, and Life Force.

Hypnosis

A natural state of consciousness characterized by relaxation and heightened imagination. The hypnotic state is entered voluntarily by clients wishing to alter unconscious behaviors. It is a process of relaxing and setting aside the conscious mind while at the same time activating the subconscious mind so that suggestions can be made directly, enabling one to act on those suggestions with greater ease and efficiency. All hypnosis is self-hypnosis because the client must agree to participate.

I Am

When you see these words capitalized and italicized, I'm drawing your attention to your most profound sense of Self. The *you* that is present whether you're fifteen years old or fifty. The ageless, eternal understanding of your Being that speaks only to you, from somewhere inside your mind. If you follow any spiritual tradition, you might recognize this term as Christ Consciousness, your Holy Spirit, or the Divine Mind Within.

Important Adults

Used interchangeably with **Authority Figures**. Both children and adults subjectively perceive certain people to be superior or wiser, thereby having more power.

Imposter Syndrome

A thought pattern in which a person doubts his accomplishments and worries about being exposed as a fraud. Even though he is competent (in his job, for example), the Imposter believes he hasn't earned or

doesn't deserve his achievements. Instead, he believes he is merely lucky, having somehow managed to fool people into thinking he is more intelligent or worthy than he is.

Issue

Many of us have spent enough time in therapy or read enough self-help books to know that as children, we developed "issues" such as abandonment or rejection. When I use this term in the text, I'm referring to our awareness that those perceptions influence us even as adults. **LoSE** can be triggered by and practically inseparable from our issues. I don't use "issue" as an official psychological definition, but rather a generally accepted term with a meaning most people recognize.

Life-In-Perspective Reading

A session involving intuitive insight, coaching, and hypnosis designed to help a "stuck-in-a-rut" client develop a plan to move toward her life goals.

LoSE; LoSEr

My acronym for Low Self-Esteem; a person with Low Self-Esteem.

Medium

A person who can see, feel, or hear the presence of a spirit person. Many Mediums are also Psychics.

Psychic

A person who uses her sixth sense to gather subtle information from a person, object, or place to discover unapparent information. Many Psychics are also Mediums.

RISE; RISEr; RISE-ing

My acronym for Recover Inherent Self-Esteem; a person who has Recovered his or her Inherent Self-Esteem; the process of Recovering Inherent Self-Esteem.

Self-Esteem

The sense of one's worth or value as a person. Also self-worth, self-perception, self-regard.

Self-Realization

Acknowledgment and understanding of oneself so as to fulfill one's potential.

Spiritual Coaching

Helping clients develop a relationship with their unique vision of God. The goal is to help clients recognize themselves as perfect extensions of the Creator, who loves beyond any imaginable description, and to understand their birthright as co-creator to prosperity, peace, health, success, and love.

Toxic Fog

Low self-esteem occludes the sacred light of the Self like a toxic fog. When I refer to this in the text, I hope to define how disorienting and isolating **LoSE** can be, distorting our self-view and warping our perceptions of others. No matter how long we've wandered in the fog, our divine *I Am* shines like a beacon within the Self, unceasingly calling us back to our eternal, perfect nature. The Big Lies of LoSE and RISEr Mandates

Many with low self-esteem unwittingly accepted certain falsehoods as truths. Recognizing these **Big Lies** for what they are is an essential part of recovering inherent self-esteem. Look at the list below, being sure to read the Antidote. You'll soon see yourself and others through a healthier and more empowering lens.

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The Big Lies

You're responsible for how other people feel.

Also stated: You have to fix other people.

With this lie, you learned that you were responsible for whether or not someone else is happy. You caused someone's bad mood and therefore you had to fix it. For example, an Important Adult might have said to you, "Don't make me mad!" This Lie isn't reserved just for children, as it plays out in dysfunctional relationships well into adulthood. I was in a romantic relationship where I believed that if I avoided male company altogether, my possessive and jealous boyfriend wouldn't lose his temper. I felt that I ought to diminish my social existence, so he didn't have to deal with his insecurities.

This Lie isn't always exhibited through negative emotions, by the way. Be wary of someone who says, "You're my whole world! The reason for my happiness!" This is also part of this Big Lie. If you're the reason someone is happy, you'll inevitably act Human and fail to be cheerful and perfect yourself. Before you know it, you'll be the reason that same person is unhappy.

RISERs know that we are only responsible for our own feelings. If a **RISER's** respectful self-expression makes someone uncomfortable, blame their **LoSE!**

The Bottom Line: Each of us is responsible only for our own feelings.

RISER Mandate Antidote: You create your own happiness or unhappiness.

.....

You are not a separate (autonomous/unique) person.

Parents and caregivers inform their young children's perceptions and beliefs. After a certain age, kids with healthy self-esteem begin to differentiate their unique ideas, opinions, and responses from their parents.' If you had a **LoSER** parent, you might have learned to censor or suppress your ideas if they differed from your parents.' For example, you might have learned that your opinion was welcome only if it concurred with an adult's. It might have been decided for you that you were going to be a doctor, or that you would love and marry someone in your religion, or that you were going to take over the family business. When a **LoSER** believes she is an extension of her parent, she distrusts her own perceptions in favor of another's. A kid loses her ability to determine her boundaries when she is told she shouldn't feel upset (because the adult would not be).

RISERs know that recognizing our sovereign Being, our *I Am*, is also acknowledging that that part of us is perfect in its uniqueness and is the reason we're here. Our deepest fulfillment lies in expressing that uniqueness.

The Bottom Line: Your biology comes from your parents, your spirit is eternally your own.

RISER Mandate Antidote: *I Am*, just as it should be.

.....

You must earn your right to be here.

“Who do you think you are?” is the hallmark of this Big Lie. Just because you’re born, doesn’t mean you should expect anything special; after all, who are *you* to think you deserve more? This Big Lie teaches us that we don’t get something for nothing, and life is all about the “something.” For example, you might hear from **LoSErs**, “Kids these days think the world owes them a living,” and, “Kids are so soft these days they get a trophy just for showing up.” This **LoSEr** viewpoint assumes one must earn the rewards of joy, abundance, and inclusion the same way material success is earned.

LoSErs who believe they aren’t worthy of taking up equal space in humankind set their sights low, minimize their dreams, and don’t invest in themselves. They’re sometimes called selfish if they do, and are often discouraged from dreaming big. They feel the need to rationalize, explain themselves, or defend their choices to any Important Adult to prove they are earning their keep here on Earth. They often begin sentences with, “I’m sorry,” or “This is probably a stupid question.”

When you recover your inherent self-esteem, you understand that evolving self-expression is your birthright and you don’t need to earn your spot in the Human race. **RISERs** don’t need to compare themselves or answer to anyone while pursuing that unique self-expression.

The Bottom Line: You get to be here, without continually proving you’re worthy of it.

RISER Mandate Antidote: You inherited the right to be here.

.....

You must DO in order to BE.

Many **LoSErs** perpetuate this Big Lie because so many systems in our culture perpetuate it. Work hard in school, earn top grades, get a good job, marry a lifelong gender-appropriate spouse, have children, and you’ll be a worthy citizen. You’ll have earned your right to be happy, to have an opinion, to be listened to with respect, and only then, if you choose, to break the mold. With this Big Lie, kids learn to toe the line if they hope to experience contentment and fulfillment; breaking the mold to be themselves is dangerous and counterproductive. As a result, **LoSErs** focus on *doing* as the key to their perceived self-worth. “The more I do or achieve, the more value I have.” **LoSErs** may also find it difficult to relax, to take time to daydream or find themselves. Two common refrains of this Big Lie are “Busy hands are happy hands,” and “Idle hands are the Devil’s playthings.” Heaven forbid the **LoSEr** stop working at *something*. Who wants to be labeled lazy, selfish, or going nowhere?

RISERs see the flaw in this formula and turn it around to focus on *being* as the key to self-worth. **RISERs** identify the kind of *being* that makes them happy, and can discern what to *do* with their lives. “The more I understand and express my unique Being, the more value I recognize in myself and offer the world.”

The Bottom Line:: You don’t need to *do* anything in order to *be* worthy.

RISER Mandate Antidote: Let your *being* define your *doing*.

.....

If you haven't done it 100%, you've failed.

Another way to put this Big Lie, particularly for adults, is, “If you haven't done it exactly as you pictured before you began, you might as well not have done it at all.” If you're a **LoSEr**, you might have gotten this kind of feedback in school (“*B+ instead of A? You might as well have failed*”). Or in household chores or responsibilities (“*You missed a spot. I'll have to do the whole thing all over because if you want something done right you have to do it yourself*”). Maybe in the pursuit of your dreams (“*I didn't get the results I expected, so I guess I'm no good at this*”). Probably in dieting (“*I set out to lose ten pounds, but I only lost seven, so screw it, I'm going to have this cookie*”).

RISers know that success is a moving target. Adjusting expectations and outcomes along the way toward a goal is not failing. While there are undoubtedly recognizable milestones of achievement, it doesn't mean that the first ninety-nine steps of the finish-line are worthless. **RISers** recognize this and understand that motivation is an inner call and not a compulsion to meet external expectations. They are comfortable with the true *elastic* notion of success.

The Bottom Line: Success is a continuum.

RISer Mandate Antidote: Acknowledge and validate every step forward for its own sake.

.....

Material success is the only reliable road to and measure of true happiness.

There has always been a power imbalance in humankind, as one group assumes material power over another group. Those on the outside saw that those in power had access to more resources (sex, money, land, education, health care), and determined that they are happier or at least more deserving of happiness. We've learned and accepted – especially here in America – that with the right kind of hard work, anyone from the “outside” can earn her way to material power and resources. It's no surprise that this imbalance translates into Material Success = Happiness.

This Big Lie teaches us that we arrive at happiness when we follow the route laid out by previous, materially successful forebears. We learn that achieving evident success means we'll automatically be happy. Woe to the **LoSEr** who attains evident success and still feels unfulfilled and unhappy. Now it becomes crystal clear there's something wrong with you, something different and weird, because you followed all the rules and still didn't get the reward.

RISers also appreciate material success. Who wouldn't? No one has ever sighed, “I wish I had *less* money. ...” But **RISers** also know that material well-being is only a contributing factor to happiness. True contentment comes from pursuing activity that is fulfilling and meaningful. Remember that saying, “Do what you love, and you'll never work a day in your life?” **RISers** strive for this, knowing with certainty that self-expression *will* be rewarded, even though a creative or business idea might be an uphill battle.

The Bottom Line: Happiness springs from following your own desires, not someone else's.

RISer Mandate Antidote: Craft your values and live by them.

.....

You owe it to me.

Also stated: It's selfish to prioritize your own needs over someone else's.

This Big Lie proposes that your parents or caregivers should be paid back for raising you and that you should recognize their sacrifices and appreciate what it cost them to be your parents. Sometimes this is funny (“*I was in labor for 36 hours! You can call your mother once in a while!*”), but when it shapes your self-esteem, it's no laughing matter. Sometimes **LoSErs** view society at large in the same way, especially when it comes to asking for help (unemployment, workers compensation, disability, or other social services). They feel guilty or ashamed for accessing aid that they're entitled to. Forget that they've paid into the system their entire working lives; **LoSErs** continue to feel that *they* owe the establishment and that by taking assistance they're selfish.

RISers know it's important to prioritize their own needs, and doing so isn't inherently selfish. Selfishness is defined as being excessively or exclusively concerned with oneself or one's own advantage, without regard for others. **LoSErs** believe that *any* concern they afford themselves means they are subtracting concern for others. Taking care of oneself and caring for others is mutually exclusive for the **LoSEr**. **RISers** know better. It's crucial to make oneself a priority, especially when self-esteem, self-governance, and personal life management is at stake. Doing so doesn't automatically mean taking advantage of or disregarding others.

The Bottom Line: You're here to pursue your own life and dreams.

RISer Mandate Antidotes: It is not selfish to prioritize your needs. / **RISE**, for your own sake.

.....

Good people are always agreeable.

Women in particular fall for this Big Lie. **LoSErs** believe they are selfish if they put their own needs above someone else's. Sometimes this shows up in the workplace (“*Good employees should always say 'Yes' to the boss*”); it's especially nefarious in the healing or metaphysical arts (“*You have a gift, you should give it away and not ask for money*”). To be “agreeable” in these instances usually means to do what someone else wants you to do for them, regardless of whether or how it impacts you.

Every **LoSEr** knows this Big Lie. It feels like resentment, it feels like powerlessness, and it feels unfair, because we, as **LoSErs**, agreed to engage in something at odds with our authentic desires or needs.

RISers understand that agreeableness, like peace of mind, must begin from within. A **RISer** knows integrity first demands inner harmony; only then can it extend to relationships. If a **RISer** has agreed to a particular request and later experiences inner conflict, she understands why and avoids making a similar agreement in the future.

The Bottom Line: It's okay to set boundaries and say “No.”

RISer Mandate Antidote: Only say “Yes” when you mean it.

.....

It's probably your fault.

All **LoSErs** are familiar with the sinking feeling that accompanies a challenge from an Authority Figure.

You'll recognize it by the rapid mental gymnastics of rifling through everything you said or did in the past several hours to see where you screwed up. People with low self-esteem automatically assume blame for an Important Adult's anger, sadness, or other dark emotion. When you look over your shoulder all the time, ready to apologize in advance for the state of the world, you burden yourself unnecessarily.

The Bottom Line: It's probably *not* your fault, and you don't need to be sorry for existing.

RISer Mandate Antidote: I am honest with myself and others.

.....

You should know what I need /what I mean.

This one's a real doozie, and people of all ages fall for it. If you've ever encountered an angry person, asked what was wrong and heard, "Figure it out!" you know what I'm talking about.

It's a manipulative and passive-aggressive tactic. The **LoSEr** who employs it is unable to adequately identify and communicate her needs and emotions, so she forces someone else to make sense of her them. She's the person who walks in the door already angry with you because you didn't know she needed help unloading the groceries. If her target also happens to be a **LoSEr**, he'll soon find himself awash with anxiety as he tries to anticipate whether or not to make dinner, to volunteer to take the dog to the vet, to offer to rub her shoulders.

RISers don't expect other people to guess at their every need.

The Bottom Line: You don't have to anticipate the needs of others.

RISer Mandate Antidotes: Identify your needs and communicate them clearly. / You are only responsible for your own feelings.

.....

You should/shouldn't feel that way.

Maybe you're just beginning to recognize that your needs are worth your attention. Perhaps you're just learning how to identify those needs precisely, and how to communicate them. Suddenly, some other **LoSEr** or Important Adult dismisses your budding self-assessment by declaring, "You shouldn't feel that way!" If you come from a background of **LoSE**, you're already in peril of wondering whether your needs are real and worthy of expression. You've been minimized, dismissed, or talked out of your feelings for so long, you barely trust that they're real.

When people insist you should or shouldn't feel a particular way, they're talking about how *they* believe *they* would react in a similar situation. But honestly, how can they know? They're not your unique combination of history, feelings, and self-awareness.

RISers recognize that they don't need to defend their actions and they refuse to engage even if a well-meaning **LoSEr** presses them. **RISers** have the most magical and powerful phrase right on the tips of their tongues: "Because I feel like it."

The Bottom Line: Discover how *you* feel, and don't let anyone talk you out of it.

RISer Mandate Antidote: You have a right to your feelings, and you don't need to negotiate, defend, or explain them.

.....

You'll never change.

There is some truth to the statement that one never gets a second chance to make a first impression. For **LoSErs**, this Big Lie shapes the belief that they will always be who they were in the past. If you were a rebellious teenager and are now a self-sustaining adult, you may always feel you have to prove the legitimacy of your work, your decisions, even material possessions. This is one of the leading causes of Imposter Syndrome.

The Bottom Line: You can change whatever you wish to, at any time in your life.

RISer Mandate Antidote: We always *feel* first and *think* second.

.....

You're not enough, just as you are.

Also stated: You should be further along; Something about you is missing or flawed.

You might have noticed a common theme running through these Big Lies, which is that your value – if you have any at all – is determined by someone or something outside of you. You learned you had no control over that external force, but maybe by buying into the Big Lies and following all the rules, you could experience some form of well-being anyway.

We're all born with the natural self-awareness of the power of Creation within us. Yet the Big Lies challenge and destabilize that self-love. We learn to question our "*I Am*," to doubt the worthiness of our dreams, our goals, our intelligence, our feelings. We might even wonder whether we're truly here. Our *I Am* never stops broadcasting the truth even when the Big Lies occlude it.

RISers are convinced that there is no denying the *I Am* within you, whether you believe in Creation, science, philosophy, or nothing at all. No one fails who truly listens to the knowledge from within. That consciousness is with you your entire life (and beyond, if you believe in an Afterlife), constant and eternally in the present. With honest and courageous self-reflection, **RISers** acknowledge we are precisely where we're supposed to be, and we aren't obligated to fulfill anyone else's timetable. That individual consciousness of yours deserves its unique expression, and the search for the most fulfilling way to do that is everyone's fundamental drive. **RISers** know, therefore, that you *are* enough, exactly as you are.

The Bottom Line: You're here to express yourself, and however that happens and however long it takes is *exactly* right for you.

RISer Mandate Antidote: Mind your own business.

RISer Mandates

“Mandate” is a strong word – another person telling you what to do, feel, or believe. For example, the state of New York hands down mandates for schools in my town to provide certain services, yet many of those are unfunded. In other words, reminiscent of **LoSE**: “Do what I say, and figure out how to do it on your own.”

A **RISer** recognizes the pure perfection of his Being. He’s peeled away all the **Big Lies** and judgments; he knows his value is based on the simple fact of being alive. Consider the word “mandate” as represented in theology: an order given from the Creator within you to devote yourself to full realization of your Being. Live your life as only *you* can, identifying and pursuing your dreams in the fashion that makes *you* come alive. If you’re more of a scientist or philosopher, think of it as a directive from your higher, wiser mind: Carry out the perfect wisdom within you.

RISer Mandates describe the rights and responsibilities of a person with healthy self-esteem. Once you believe in your own value, the Mandates are self-evident. In the early stages of **RISE**-ing, you might need to practice the Mandates deliberately, but this is relatively easy as they are the natural antidotes to the **Big Lies**. You might also consider the **RISer Mandates** as the Self’s Bill of Rights.

.....

I create my own happiness or unhappiness.

You know that nobody else causes you to feel bad or good. You know what brings happiness into your life, and you pursue it.

.....

I Am, just as it should be.

You are the Creator’s thought of Itself, which is why you feel the same sense of *I Am* at twelve years old, at thirty-eight, and at the very end of your life. Yes, your body changes, but your consciousness is eternal because it was created by the Infinite, of the Infinite’s own “stuff.” Just as you are, you *are*. And that is a perfect miracle. No defense, explanation, or bargaining required.

.....

I inherited my right to be here.

You never have to justify your existence. No person permitted you to exist, so no person can demand that you prove worthy of it. Furthermore, you don’t need to appeal to Authority Figures for permission to be whoever you feel you are. Neither do you need to keep reporting back to them that you’re still earning your keep by staying within their expectations. You’re here to live, and no one can tell you how to do it. Yes, your parents brought your body into the world, but that is not a debt. The very fact of your existence proves you *are* life, and you did not need to earn it. Joy, freedom, autonomy, and empowerment is inseparable from the life that you *are*. It is not doled out by degrees, or in exchange for good behavior, or for meeting someone else’s expectations.

.....

I let my Being define my Doing.

RISERs know that their *being* informs their worthiness. When you understand that you don't need to excuse or ask permission for *being*, you allow your worthy Being the full expression of itself. That expression guides your actions and brings you to the kind of work or activity that satisfies your soul and brings purpose to your life.

.....

I acknowledge every step forward for its own sake.

Success is a continuum. **RISERs** set goals and endeavor to achieve them, but are also flexible enough to change their minds if halfway to that goal, they decide it's not what they want after all. When you know that you're succeeding every time you express your inherent self-esteem, you celebrate milestones as well as completions.

.....

I craft my values, then live them.

Only you can decide what your values are. **RISERs** can adapt and revise their values as they evolve. They aren't afraid to change their minds or shift their values altogether because they don't swallow someone else's beliefs hook, line, and sinker. They decide what is essential for them and apply those values to their relationships, their time, their work, and their goals. **RISERs** also know that it's important to see things as they are, so they can start to see them *better* than they are.

.....

I prioritize my own needs.

RISERs know they must be their own #1. **LoSERs** learned it's selfish to do so, but **RISERs** understand they're allowed to live their own lives in their unique way. They can say "Yes" or "No" to anyone without guilt or apology.

.....

I am honest with myself and others.

RISERs aren't afraid to look squarely at their words, actions, current circumstances, or self-talk. They know that once they see themselves clearly, they can map a way to an even better place. Being in denial or operating on wishful thinking is a waste of their extraordinary mental and spiritual power. If they err or offend, they know there's no shame in admitting and correcting. **RISERs** know how and when to apologize sincerely, and don't hesitate to take responsibility for their actions.

.....

I RISE, for my own sake.

Nobody is going to recover your self-esteem for you. Everyone is fighting her own battles, and no one, absolutely *no one*, is paying attention to whether or not you feel good about yourself. For the sake of the spirit within you that is longing for its expression, recover your inherent self-esteem. You'll be so glad that you did because everything else will flow.

.....

I only say “Yes” when I mean it.

LoSErs feel compelled to be in the spotlight, to let others know they can do anything, or to always be available. **RISers** know their needs are important too, and don’t agree or commit to something unless they can *and want to* participate.

.....

I identify my needs and communicate them clearly.

LoSErs expect others to anticipate what they need and are disappointed when their needs aren’t met. Quite often, it’s because they never learned to identify what they are feeling or how to communicate it. They feel needy but don’t know why. **RISers** are self-aware and courageous enough to look squarely at every emotion that arises, especially the negative ones. **RISers** aren’t afraid to identify what’s missing. They know that they aren’t required to manage another person’s feelings, so they can honestly ask for what they need in a relationship. Doing so won’t make their partner jealous, or make their friends mad, or cause their parents disappointment. If the response is such, **RISers** know that others are responsible for their own feelings.

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I am responsible only for my own feelings.

Many a **LoSEr** minimizes her needs or self-expression, so someone important to her won’t “get mad.” She suppresses her natural confident voice, so someone else doesn’t have to deal with his insecurities. No one can make you mad, sad, disappointed, or, for that matter, happy. **RISers** know we all are the cause of and the solution to our own emotions; they know that their own issues are the source of their negative reactions.

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I have the right to my feelings without needing to negotiate, defend, or explain.

RISers know that they don’t have to explain their feelings unless they choose to. They know they can say, “No, I don’t feel like doing that today,” without having to negotiate for their say. Many young **LoSErs** were corrected for feeling angry; for example, when a parent said, “You shouldn’t feel that way.” **RISers** know that no one outside of themselves can ever decide for them how they should feel. This awareness makes **RISers** particularly good listeners, as they rarely talk their friends out of their emotions.

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I will always feel first and think second.

No matter how far they’ve come in the recovery of their inherent self-esteem, **RISers** know an old reaction can still be blindside them. Maybe it’s going back to a parent’s home, or running into the class bully at the high school reunion. Events, people, tones of voice, and memories all can trigger original feelings of **LoSE**. **RISers** know that they always have a *feeling* response first. **LoSErs** tend to get stuck in there, and mope or react or plummet even deeper into self-loathing. **RISers** remember that they still have power, even though this old feeling has suddenly arisen, and they use their conscious minds to *think* their way

back to self-love. They quickly shed the old **LoSE** feeling by considering the circumstances and applying present-day, conscious mind thought. **RISers** take back their power with their ability to think after feeling.

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I mind my own business.

You are here to do *your* business, no one else's. Whether **LoSEr** people in your past get their comeuppance is none of your concern. Time spent trying to figure out what other people are doing (or why) is time wasted. **RISers** know that by minding their own business, they can live their values, confidently express their desires, and only say "Yes" when they mean it. They can manage their feelings and prioritize their needs. This is starkly different from the **LoSEr** who observes a violation and says, "I'm not getting involved." Minding one's own business in a healthy way means not gossiping, not trying to fix other people, and not trying to manage another's perception of you.