

Enhancing Self-Regard

To enhance self-regard, you can use the following system to capture your negative thoughts, replace them with healthy possibilities, emphasise who you know you are and what you want and lock it in with a circle of joy.

| CHEC System | |
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| Steps | Action required |
| 1. | <p>C: (Catch the ANTS– automatic negative thoughts) Develop an awareness of your toxic perceptions as they appear in your daily experience – even if they’re subtle and hidden deep within your consciousness.</p> <p>Many of us live in a state of unawareness, where we not only stop our negative patterns, we don’t even recognise them. This is what becoming aware is all about – choosing to see the truth of our daily habits in order to change them. If you’re not aware of how often you criticise yourself, it will be impossible to change this negativity to a positive self-regard that the Universe loves to respond to. And if you can’t identify the many ways in which you focus on what you’re lacking throughout the day, it will be impossible to shift to a value mindset that will change your life.</p> <p>The first sign that you need to shift, is uncomfortable feelings. Let that discomfort be an alarm bell to the fact that you’re making some conclusions that no longer serve you. It’s time to design a higher consciousness and a clearer, projection. So, when you notice some difficult feelings coming up, <i>ask yourself: What are the negative conclusions I may be drawing about the present situation?</i></p> <p>Be especially aware of any assumption that takes you out of your authentic power, your optimism, your self-acceptance, or your peace. Just by recognizing that you don’t want to remain uncomfortable, you’ll be initiating a healthy new intention.</p> <p><i>In your journal, write down any toxic perceptions as they appear in your daily experience</i></p> |
| Step 2 | <p>Consider the (H) in CHEC: Healthy possibilities</p> <p>Even if you’re in the moment of worry or negative self-talk, stop and remind yourself: <i>I have an option here!</i> Right next to the thought you’re having is a moment that’s worry free; right next to the fear is a choice that embraces trust and peace. There are always options and shifts and through your new awareness there’s a whole new world to be experienced. No matter where you are mentally, there’s a different consideration that can take you to dramatically different realities – both immediately and in the long span of your life.</p> <p>So, don’t just accept your habits as truth. It’s time to let go of false living and move into new thought-forms that, although they may seem strange to you at first, can create sustainable and meaningful change.</p> <p><i>Always ask yourself: What are my healthy possibilities? Consider those options and then move to Step 3 with full determination.</i></p> |
| Step 3 | <p>(E) in CHEC: (Emphasise who you know you are and what you want). Make a decision to change your focus and step into a more positive reality. Create a healthy, self-empowering approach.</p> |

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| | <p>Change is the present process – not the future goal. You can't just hope for some miraculous transformation to descend upon your life without any of your own conscious participation. The fact is, the only opportunity for change is in the present moment and each and every instant holds a choice for you. Once you've recognised an old, unhealthy pattern – and considered the healthy possibilities that surround you – you must find the courage to make a clear choice about what you want to focus on.</p> <p>Reinforce your new options by writing these affirmative approaches in your journal and reading them often. Positively affirm who you know you are and what you want!</p> |
| <p>Step 4</p> | <p>C (in CHEC) Create a circle of joy. Bring your new positive possibilities to life!</p> <p>Go to a time in your life when you felt on top of the world – when you believed you could achieve anything! Re-create this event in your mind's eye and ring fence it, creating circle of joy. Capture the shift in this power moment by taking a deep breath, and as you inhale, drop your circle of joy into your heart center. Resting your focus there, repeat your new thought – or even just the feeling you desire – until the emotional state that you've chosen becomes a gentle sensation in your present reality.</p> <p>It only takes 28 days to embed a new neuronal pathway on the left-hand side of your brain. By capturing your negative thoughts (c), writing down the healthy conclusions (h), emphasizing who you know you are and what you want (e) and Creating a circle of joy(c), you will experience the liberation of creating a new life intention and the realization that you can manifest your thoughts. (The technique is more effective when writing it down. Thinking and typing is not as effective, as there is a hand brain connection that is revealed only when through writing.</p> |

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| <p>C</p> | <p>Catch the automatic negative thoughts (ANTS) and write them down</p> <p>1.</p> |
| <p>H</p> | <p>Write down the Healthy possibilities that exist for that negative thought</p> <p>2.</p> |
| <p>E</p> | <p>Emphasize who you know you are and what you want</p> <p>3.</p> |
| <p>C</p> | <p>Create a circle of joy</p> <p>4. My circle of joy today is:</p> |