

The Baggage Handler

August 10, 2006

What's In Your Bag?

Raise Your Self-Esteem In Only 6 Days

Everyone is born with a measure of self-esteem that must be cultivated in order to reach its optimal level. Often times our self-esteem is raised during our childhood then chipped away later on by the vicissitudes of life. For some the deflator is physical abuse or neglect, for others it is emotional or even sexual abuse. But no matter what the cause may be there is a way to elevate your self-esteem in a matter of days.

DAY ONE: Mirror Mirror On the Wall

This is the only day you'll have to look in the mirror and say what you see and think about yourself. Good, bad or indifferent- get it all off your chest. Speak now, so there will be peace later.

DAY TWO: Three For The Price of One

On the average, most people will not latch on to one criticism of themselves, if it's sandwiched between three compliments. So for every negative word you spoke about yourself on day one, look in the mirror and speak three positives.

DAY THREE: Name That Tune

Music works like a mental switch. It can turn on one emotion and turn off another. Put together and listen to a collection of your favorite uplifting songs. Songs that make you smile, dance, or sing. Songs that are inspirational and fill you with positive energy.

DAY FOUR: What's So Funny?

During this time of improvement, your subconscious will try to get you to do things that hinder your advancement. For many, the road to change is painful. It's much easier to remain the same. When negativity comes to mind you must counter back with something positive. And remember to laugh. A gut-wrenching laugh can change your mental and physical state in a matter of seconds. It has been proven that laughter causes endorphins -which kill pain- to be released into your body. Laughter also relieves stress. So go see a funny movie, watch a sitcom on T.V., and find a good source of jokes online that you can read everyday.

DAY FIVE: What Comes Around Goes Around

It feels wonderful to help other people. And in helping others you often help yourself due to the law of reciprocity- "you get what you give". So assist others in improving their self-esteem by paying them compliments on their attributes, encouraging them to move beyond their limitations, or even just saying 'please' and 'thank you'. Before you know it people will begin to pour positivity into your life helping you along on your journey to improving your self-esteem.

DAY SIX: My Dearest Love

Get out that pen and paper or computer and write your vision for yourself/your life. Write your goals, ambitions, hopes, dreams. Write about your greatness even if it hasn't manifested yet. Read the love letter you've

POCKET CHANGE! Feature Article: *THINK POSITIVE*

Think Positive- isn't that what we were always told? So what is thinking positive and how exactly do you remain positive in a time of defeat? Well for starters, different people have different definitions. Some people will say to always expect the best and you will receive it.

For me, thinking positive is about searching for the good and the blessings in everything that happens to us. Though this is not necessarily an easy task, it is worth the effort. Why mumble and groan when things do not go our way when instead we can learn what there is to be learned from life's experience and then take it a step further and ask ourselves how we can benefit from this situation.

So the next time we miss our flight, or are not offered the job we so badly wanted or someone cancels on us at the last minute, let's look for the good in it all, no matter how well she might hide herself.

Jessie Jamie Coleman Author of "Sex on the Side"

*****CONTEST*****

****THERE WILL BE 4 WINNERS****

Winners will receive an autographed copy of Bag Lady or Sex On the Side

Please send 4-7 sentences answering the following question: What is/are your greatest strength(s) and how can it/they be used to benefit others?

SEND ALL RESPONSES to:
newsletter@queenpublications.com

written to yourself aloud and for the next few days.

The key is to remove all of the negatives in your life with some positives. And above all else, learn to write the script for your own life instead of allowing others to do it for you.

If you ever find yourself slipping down the self-esteem ladder, don't fret, just repeat steps 3-6.

Live and Enjoy your best life NOW!

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Disclaimer: Although I have studied psychology and sociology, I am not a doctor, therapist or clinician of any type, so please use the advice associated with this newsletter at your discretion.

Winners and their responses will be posted in the next newsletter- 9/10/06.

**Recommended Reading
NON-FICTION**

Battlefield of the Mind: Winning the Battle in Your Mind

by Joyce Meyer

<http://www.queenpublications.com>

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