

HOW TO BE YOUR BIGGEST FAN!

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COMPANION
WORKBOOK



The quiz on the next few pages is intended to help you determine your current level of self-esteem by looking at the results of your life *as a whole*. That's because self-esteem, or lack of it, permeates every aspect of your life. Before you begin the quiz, choose a number between 0 and 100 you think accurately reflects your self-esteem "measurement" today, and write it down here: _____

Now you're ready to take the quiz. Here's how it works:

Each item in the quiz contains a phrase; check the box that best corresponds to your response to each phrase. The choices are: positive, negative, or neutral. So, you are going to choose the response that best expresses whether your relationship with this "item" is influencing your self-esteem in a positive way, a negative way, or has no effect at all.

If a particular phrase doesn't apply to you (for example, it mentions children and you don't have any or it mentions a significant other and you don't have one or it mentions a gynecologist and you are male), check the neutral box. (Do your best to check either the positive or negative box; try to keep the total number of neutral checks to a maximum of 10.)

If the "item" is something you avoid doing, such as calling your mother or making your bed, check the negative box.

Don't overthink your choices. Do the quiz quickly, and go with your first reaction.

Your answers should reflect your current relationship with each phrase or item, not what you'd like it to be.

SELF-ESTEEM QUIZ

. . .

PHRASE	POSITIVE	NEGATIVE	NEUTRAL
Paying bills on time			
The condition of your desk most of the time			
The amount you complain			
Eating a healthy breakfast regularly			
The amount of your credit card debt			
The amount of water you drink daily			
How often you lie, even little white lies			
How often you overreact, yell, or scream			
How often you are on time			
How often you compliment people			
The cleanliness of your car			
Maintaining good personal hygiene and grooming			
Up to date with yearly physical			
Your credit score			
The amount you have in savings			
Your communication with your significant other			
Waking up on time consistently			
Filing your taxes on time (this includes extensions)			
Weekly/monthly call to your mother and/or father			
Returning borrowed items on time			
The condition of your yard			
How often you give to your significant other			

PHRASE	POSITIVE	NEGATIVE	NEUTRAL
How often you are willing to be a beginner and learn new skills			
Sending thank you cards, texts, or emails			
Parent-teacher meeting attendance			
Your integrity on tax returns			
Keeping & organizing memories—photos and mementos			
How often you experience physical affection with your significant other			
Communicating upsets and moving on			
Keeping an accurate current bank register or electronic records			
The house or apartment you live in			
Up to date with gynecologist			
Your financial knowledge			
Your criminal record			
Driving and not getting lost			
Flossing your teeth regularly			
Your ability to apologize—often and first			
Organized paperwork/filing system for financial and personal items			
The amount you try new foods and experiences			
Volunteering your time			
How often you do what you say you are going to do			
Joining clubs, groups, associations, and networking			
How often you have sex or intimate moments with your significant other			

PHRASE	POSITIVE	NEGATIVE	NEUTRAL
Sending in paperwork on time: forms, applications, bills			
The car you drive			
Your level of education			
The cleanliness of your house			
Completing house projects to 100%			
Returning messages in a timely manner			
How often you attend other people's special events			
Voting politically			
Your religious/spiritual practice and attendance			
Your pace—urgent or lazy			
Recycling trash and recycling/repurposing other items			
Going to cultural events: museums, concerts, and plays			
Only taking money and items that belong to you			
Being faithful to your significant other			
How often you invite other people over to where you live			
How you dress and present yourself			
How often you see your family			
Your driving record			
Living beneath your means			
Your ability to speak in public settings or to groups of people			
Having a college degree			
How often you are helpful			

PHRASE	POSITIVE	NEGATIVE	NEUTRAL
How often you read/listen to books			
How often you make new friends			
The amount of hobbies or interests you have			
The amount of life insurance you have			
How romantic you are with your significant other			
Your ability to listen			
How often you give and focus on other people			
Handling problems, complaints, or challenges immediately			
How often you are spontaneous			
How often you give your children 100% of your attention			
How often you have fun			
Your awareness of current events			
Making your bed daily			
Your integrity with money			
Your ability to make the difficult phone calls			
How often you smile at people			
Having nice pictures of yourself			
Your physical health			
Auto, home, health insurance up to date			
Participation in your children's homework			
How often you keep your agreements with yourself			
How often you keep your agreements with others			
The amount you tithe			
How often you set and achieve goals			
Eating fruits and vegetables			

PHRASE	POSITIVE	NEGATIVE	NEUTRAL
The number of friends you have and the depth of those relationships			
How often you vacation			
Your relationship with your significant other			
Your relationship with your children			
The clothes you wear			
Your weight			
Your diet—the foods you eat			
Your communication with your kids			
The amount of time you watch TV			
The amount you drink or do drugs			
How often you are grateful			
Doing more than your share			
Having a positive attitude			
Up to date with the dentist			
Taking vitamins and supplements			
The amount of long-term friendships			
Your energy level			
Being knowledgeable about something			
The amount you have traveled			
The amount you talk/gossip about other people			

When you are finished, add up the total number of **positive** check marks. This number is your self-esteem meter reading.

Write it here: _____

What was the number you chose before taking the quiz?

Write it here: _____

And now, the all-important question: What do you *want* your self-esteem number to be?

Write it here: _____

. . .

What exactly are limiting beliefs? A limiting belief is a negative, repetitive thought that you think over and over again. Limiting beliefs create false boundaries in your thinking. Your limiting beliefs show up in your reasons, justifications, and excuses. Take a moment to think of one thing that you currently want but don't have: the latest technology, a fulfilling relationship, perhaps a trip to Europe.

Now, take a moment to write down the top five reasons why you don't have that item. Maybe you are too old or too young or not skilled enough or you have kids or you don't have the time or there are not enough good men. Now, take a moment to come up with a second item that you currently want and don't have. Write down the top five reasons why you do not have this second item. Repeat the process for the third, fourth, and fifth items.

1. I want but don't have: _____

Top 5 reasons I don't have this:

2. I want but don't have: _____

Top 5 reasons I don't have this:

3. I want but don't have: _____

Top 5 reasons I don't have this:

4. I want but don't have: _____

Top 5 reasons I don't have this:

5. I want but don't have: _____

Top 5 reasons I don't have this:

...

Write down 10 of your most prevailing *I am* statements that you say to yourself on a regular basis. Think of your self-esteem score from Chapter 1 and how it connects to these beliefs.

The 10 *I am* statements I say to myself most often:

1. _____

2. _____

3. _____

4. _____

5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

For a moment, imagine how you would feel if you watched a video of yourself from the last seven days, 24 hours a day. Consider everything you did—from brushing your teeth or not, to whether or not you’ve followed through with your obligations, big and small. What would be on the video? Everything you did or didn’t do, everything you said or didn’t say, from the moment you got up to the moment you went to bed. A play-by-play of your daily actions, interactions, attitudes, and behaviors—all the small stuff. You would get to see your choices moment-by-moment and how they determined what you did with your 24 hours. This video would consist of all the things that nobody else knows about.

This is the reason why yours is the only vote that matters. Take a couple of minutes and play the video through your mind.

What’s in your video? What did you see that you liked? What do you want to keep doing?

What did you see that you didn’t like or want to do less of?

List 10 things you do that decrease your self-esteem (self-esteem chippers):

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

List 10 things you do that increase your self-esteem (self-esteem boosters):

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

7. _____
8. _____
9. _____
10. _____

Some people say you're "lucky" or "unlucky." An extraordinary life has nothing to do with luck. Instead, your life is just a collection of all those little things that build up over time in a very powerful way and create a great self-esteem or not. Build your own *I am* statements. What are the *I am* statements you want to have? What do you want to say about yourself? What are the small things that will get you there? Do them over and over and over. Get committed to the hundredth time.

What are five new habits that you will create?

1. _____
2. _____
3. _____
4. _____
5. _____

Based on what? Past behavior predicts current and future behavior.

What is your credit score? Do you know it? _____

If you want to see the results of your financial thinking, behaviors, and actions, the two best places to look are your credit score and net worth. So, if you don't know your credit score and net worth, what could that mean about you and your financial beliefs? If you have a

credit score in the 500s, what could that mean about you and your financial beliefs and habits?

You have a reputation with your significant other, kids, boss, coworkers, friends—with *everyone*. Every one of them could give you an accurate score between zero and 100 right now. People decide what you are about through your actions and behavior. People are betting on you every day: your kids, your boss, your employees, your significant other, your community.

What score would your significant other give you? _____

What score would your children give you? _____

What score would your coworkers/colleagues give you? _____

What score would your employees/employers give you? _____

What is your reputation score with yourself? _____

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Pick five people in your **personal** life that you would like to have a better reputation with. What are five things that you could start/stop doing for each one to improve your score?

Person 1. Five things I could start/stop doing to improve my reputation score with _____:

1. _____
2. _____

3. _____

4. _____

5. _____

Person 2. Five things I could start/stop doing to improve my reputation score with _____:

1. _____

2. _____

3. _____

4. _____

5. _____

Person 3. Five things I could start/stop doing to improve my reputation score with _____:

1. _____

2. _____

3. _____

4. _____

5. _____

Person 4. Five things I could start/stop doing to improve my reputation score with _____:

1. _____

2. _____

3. _____

4. _____

5. _____

Person 5. Five things I could start/stop doing to improve my reputation score with _____:

1. _____

2. _____

3. _____

4. _____

5. _____

Pick five people in your **professional** life that you would like to have a better reputation with. What are five things that you could start/stop doing for each one to improve your score?

Person 1. Five things I could start/stop doing to improve my reputation score with _____:

1. _____

2. _____

3. _____

4. _____

5. _____

Person 2. Five things I could start/stop doing to improve my reputation score with _____:

1. _____

2. _____

3. _____

4. _____

5. _____

Person 3. Five things I could start/stop doing to improve my reputation score with _____:

1. _____

2. _____

3. _____

4. _____

5. _____

Person 4. Five things I could start/stop doing to improve my reputation score with _____:

1. _____

2. _____

3. _____

4. _____

5. _____

Person 5. Five things I could start/stop doing to improve my reputation score with _____:

1. _____

2. _____

3. _____

4. _____

5. _____

Using your self-esteem as the #1 consideration, where do you need to practice saying no? Where do you need to practice saying yes?

Where I need to practice saying no: _____

Where I need to practice saying yes: _____

. . .

What actions could you take to like yourself? Give three compliments per day. Arrive to work five minutes early. Leave love notes in your child's lunch. Participate in community service. Tip 25%. Do more than your share. Create positive habits. Be helpful.

Create a list of 5 actions you will take to like yourself.

1. _____

2. _____

3. _____

4. _____

5. _____

Give your judge/critic someone to be proud of. *What actions could you take to be proud of yourself?* Consistently work out at 5:00 a.m. Raise \$5,000 for charity. Learn a language. Spend quality time with your children. Accomplish goals. Rescue an animal.

Create a list of 5 actions you will take to be proud of yourself.

1. _____
2. _____
3. _____
4. _____
5. _____

Give yourself someone to respect. *What actions could you take to respect yourself?* Ask for a promotion. Learn new skills. Share your expertise. Take a stand. Say no to your child. Take care of your body. Dress well. Create boundaries.

Create a list of 5 actions you will take to respect yourself.

1. _____
2. _____
3. _____
4. _____
5. _____

Set a S.M.A.R.T. goal. Specific, Measurable, Attainable, Risky, Time Frame?

• • •

Excuses are limiting beliefs in disguise. They might disguise themselves in old dramas, new dramas, or urgent needs in other areas of your life. They may convince you that you're not interested in the original goal, that it doesn't matter anyway; things are fine. Or they could show up as an overwhelming disbelief in yourself, communicating things like, "Who do you think you are? You can't do that!" Or, perhaps, they'll look like some shiny new object that seems more worth the chase—the bait and switch. These are some of the chicken exits that you will be closing. Competing against your well-established brain and its current neural pathways is no small endeavor.

Write a list of your most common chicken exits and excuses.

Chicken Exit #1: _____

Chicken Exit #2: _____

Chicken Exit #3: _____

Chicken Exit #4: _____

Chicken Exit #5: _____

Make a list of 50 new ways of achieving your goal. Remember to be creative and *unreasonable* in this list. Write down everything that comes to mind. Clear your brain of all ideas, so you can create a vacuum for more.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____

24. _____
25. _____
26. _____
27. _____
28. _____
29. _____
30. _____
31. _____
32. _____
33. _____
34. _____
35. _____
36. _____
37. _____
38. _____
39. _____
40. _____
41. _____
42. _____
43. _____
44. _____
45. _____
46. _____
47. _____
48. _____

49. _____

50. _____

Make a list of the 10 things that you are willing to do now, things that you have been unwilling to do in the past. What are you willing to do differently to achieve the goal? Maybe you're willing to do a strip tease for your wife to jazz up your marriage. Maybe you'll start your own Great Date Game like Addy and operate outside of your comfort zone. Are you willing to track your expenses? Are you willing to experience a different form of exercise? Are you willing to take a class on online marketing? Are you willing to wake up at 5:00 a.m.? Are you willing to call 10 people and ask for new ideas?

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Make a list of the 10 things that you are willing to stop doing, to give up, to achieve the goal. Maybe you are willing to give up alcohol because when you drink at night you neglect to get up in the morning to work out. Maybe you are willing to give up video games, fast food, your favorite TV show, taking naps, gossiping, Facebook, or your negative friends.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Make a list of 10 prices you are willing to pay to achieve the goal. There will always be prices; know what they are in advance. You don't create a toned, muscular body without paying prices. You don't create great financial results without paying prices. Maybe you are willing to stay up later with your significant other and miss some much-coveted sleep so you can work on your relationship. Maybe you are willing to miss some of your children's games in order to finish your degree. Maybe you are willing to spend more time working out and less time getting ready in the morning. Maybe you are willing to sacrifice making money in order to travel. Other possible prices you may be willing to pay in order to achieve your goal: less time going out with friends, having diet restrictions, having to say no if you are on a budget, less time at work, having to wake up early, being uncomfortable, or being sore from working out. Be willing to go through the struggle to get the goal. Be willing to pay the prices. Incorporate and plan for the prices. Celebrate and embrace the prices.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Be aware of your potential obstacles. Make a list of 10 possible obstacles to achieving your goal and how you will handle each one when they come up. Maybe what you thought was a done deal is not. Have a plan B, C, D through P. It is usually plan P that works; most people never get there. Maybe your ex-wife is not as flexible with switching weekends as you assumed she would be. Will you be victim to her, or do you have a backup plan? Maybe you don't get the funding from Source A, B, or C. Has somebody been working on plan D? Forecasting both success and failure will always make it even more possible to be successful because you are prepared for pitfalls and setbacks.

1. _____
2. _____
3. _____
4. _____
5. _____

6. _____
7. _____
8. _____
9. _____
10. _____

How do you eat an elephant? If you've set a large goal over time, back into the goal by breaking it down into pieces such as weekly or monthly. Your goal is to create \$50,000 in 90 days, and you are going to do that by selling widgets. How many total widgets do you need to sell? How many per month? Per week? Per day? How many phone calls per day to get those sales? How many presentations each week? How many lunches? How many people do you need to be in front of? Think of your goal in terms of the small stuff that, layer upon layer, will lead to the big stuff.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Which rung of the commitment ladder do you live on the majority of the time? _____

Commit to one action you will take to be outrageous today.

Identify three areas in your life where you are currently sitting on the sidelines:

1. _____
2. _____
3. _____
4. _____

Think about two of your limiting beliefs and two of your non-limiting beliefs. Give them creative names.

Names for two of my limiting beliefs: _____

Names for two of my non-limiting beliefs: _____

Think about specific areas in your life that you are focused on how things should look versus being committed to the end result.

What are the reasons and excuses coming out of your mouth that are not true? Where are you letting small, minor details derail your goal? What are you spending time on that has nothing to do with your goal? What actions are you doing that sabotage your goal? What is coming out of your mouth that is absolutely *ridiculous*?

Write down 10 items that belong on your Ridiculous List.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Procrastination and avoidance are huge self-esteem chippers that you can stop in their tracks.

Where in your life is your single greatest area of procrastination?

What will you do **TODAY** to create movement in that area?

As you think about your life and where it's headed at the moment, consider any possible transitions coming up. What is your game plan

going to be if that change occurs? How will you be proactive versus reactive regarding your self-esteem?

Think about two possible transitions and actions you can take *now* so you can minimize the effects on your self-esteem.

Transition / Action #1: _____

Transition / Action #2: _____
