

International Self Esteem Awareness Day 



“Feel Great Naturally”
Boost your self esteem
playing sports
Become your own champion

Compiled by

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The lady with nice in her name - Attitude Specialist

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World's 4th Strongest Man

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World & Olympic Rowing Champions

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www.selfesteemday.com

www.internationalselfesteem.com

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The Beginning of Self Day
International Self Esteem Day

Janice – the lady with *nice* in her name, is adamant that self-esteem is the key to success and shares a little of her knowledge in this book, along with tips from other experts works.

She was out walking one morning in the first year of the millennium in 2000 and a blueprint for this idea, scrambled into her mind. For four years she shelved this idea, thinking *Who do I think I am to create this?*

Over this period, she continued her personal development and as she learnt so her self-esteem grew. During this time she read the words in a poem written by Marianne Williamson and made famous by Nelson Mandela. One line in the poem struck a chord with her....

YOUR PLAYING SMALL DOES NOT SERVE THE WORLD.

...And so the self esteem day began



The importance of self esteem is starting to be recognized globally as individuals, families, schools and companies are beginning to understand its importance as a key to success.

The Selfday recognizes this, spreading the word and inviting you to make a difference to yourself as well as spread the word to your sphere of influence.

ON BEING YOURSELF

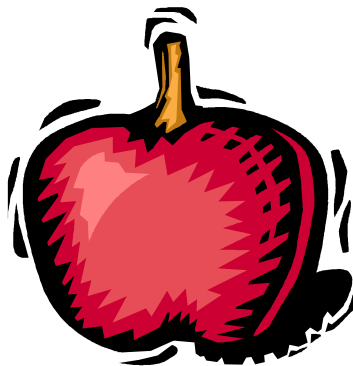
You must learn that you cannot be loved by all people.
You can be the finest apple in the world – ripe, juicy,
sweet, succulent and offer yourself to all.
But you must remember that there are people who do not like apples.

You must understand that if you are the finest apple
...and someone you love does not like apples,
You have the choice of becoming a banana.

But you must be warned that if you choose to become a banana
you will be a second rate banana
But you can always be the finest apple.

You must also realise that if you choose to be a second rate banana
there will be people who do not like bananas

Furthermore,
You can spend the rest of your life trying to become the best banana -
which is impossible if you are an apple
or you can seek again and be the finest apple.



Our Vision

TO RAISE THE AWARENESS OF THE POWER
AND THE EFFECTS OF A
HEALTHY SELF ESTEEM
IN OUR LIVES,
OUR WORKPLACES,
OUR FAMILIES
AND
OUR COMMUNITIES

Our Self Esteem Definition

A sense of Purpose -

Self awareness, care, respect and appreciation.

A sense of Talent and Identity –

Authenticity in creating and living being me

A sense of Security and Worth –

Being empowering, and communicating positively

A sense of Belonging and Others –

Healthy relationships and awareness of differences

A sense of Competence and Consequence –

Inner peace with abundance and balance

Esteem Friend or Foe

By Janice Davies

Everyone at birth is born with a zero esteem level and attitude towards themselves and life. Over the next few weeks, self-worth begins to develop. Little do we realize its impact on us for the rest of our lives.

If parents are aware, they'll ensure they engage in actions that boost their childrens' esteem, while still teaching a child about discipline, responsibility and the many other attributes that are necessary for development. If not, parents do the best they can, with some teaching their children well and enhancing their self esteem and others not.

An ongoing task requiring constant reappraisal, esteem levels need to be 'healthy' for children and people to perform at their peak. Unfortunately this does not always happen and below par performance is commonplace.

As children develop into teenagers and become adults along their journey of life, they encounter opportunities to learn about life and make choices and changes to their negative thoughts which are not supporting their life. Some people do make positive changes, others don't.

Ninety five percent of people appear to have experienced low self-esteem at some point in their life. Sometimes hard to detect, if you're aware of the symptoms, you probably have. If this hat fits you, do not despair, you're not alone. The trick is how to change it. This ebook has tips to help you. Esteem is something you need to work on constantly as you learn and develop throughout your life.

Though we travel the world over to find the beautiful,

We must carry it with us or we find it not.

Ralph Waldo Emerson

Veronica de Andres the Argentina Director of SEAL, states these ten edited indicators of a person with high and low self-esteem as listed below:

Ten Vital Ingredients of Low Self-Esteem

- Do not know what they are good at
- Jealous and critical of other people
- Sets too big goals or no goals at all
- Has to be right all the time
- Blames others. Makes others feel guilty
- Can not express what they want to say
- Too scared to say no
- Is afraid of making mistakes
- Copies others
- Is negative



Such people do not have a set of personal boundaries to help form their daily decisions. Either they do not value themselves or they over-value others, who they see as more capable and confident. Sometimes they can only feel good about themselves by achieving dominance through bullying. To move forward in life, they need to start soul-searching and make daily efforts to improve their self-esteem. It's challenging, but it is possible.

Every day they need to be asking themselves, what am I doing today to make me feel good about myself? Gradually as they start to value themselves, they begin their personal journey of self-development, which is the stepping-stone to their success.

People with low self esteem have not YET started their inner journey to create themselves. Every day is an opportunity to begin the journey. Do not be harsh with yourself as this is your new beginning.

Ten Vital Ingredients of High Self-Esteem

- ✓ Knows what you are good at
- ✓ Feels happy successful people
- ✓ Sets goals at home and work
- ✓ Has happy relationships
- ✓ Takes responsibility for their actions
- ✓ Tells people what they want
- ✓ Can say yes I want to do that or No I can't
- ✓ Is positive
- ✓ Asks people for help



It's the ability to have a positive attitude and improve your thoughts and feelings about yourself on a daily basis that will see you become the successful person you choose to be. It's learning to love yourself and sharing your uniqueness with other people that will assist you to develop to your potential and help the world become a better place.

This ebook is focusing on stories about a variety of sports and three champions with their challenges, triumphs and goals. It includes some words of wisdom from the founder of the worlds' most famous hamburgers McDonalds. It has some quotes and tips that help inspire, motivate and boost you and your self-esteem as you move and groove your bodies and 'feel good naturally.'

Self Esteem and Sports Quotes

If it wasn't difficult, it wouldn't be worth doing.

**Sir Peter Blake
Yachtsman Extraordinaire**

How do I take a step? How do I lift my foot off the ground, move it through the air a little bit and then bring it down? I had to teach myself to walk again.

Jonah Lomu, Rugby Champion

There is no room in your mind for negative thoughts. The busier you keep yourself with the particulars of shot assessment and execution, the less chance your mind has to dwell on the emotional. This is sheer intensity.

**Jack Nicklaus,
Golf Champion**

The man who has no imagination has no wings.

**Muhammad Ali,
Boxing Champion**

I never looked at the consequences of missing a big shot... when you think about the consequences you always think of a negative result.

**Michael Jordan,
Basketball Champion**

Effort within the mind further limits the mind, because effort implies struggle towards a goal and when you have a goal, a purpose, an end in view, you have placed a limit on the mind.

**Bruce Lee,
Martial Arts Champion**

Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever.

**Lance Armstrong,
Cycling Champion**

Champions aren't made in the gyms. Champions are made from something they have deep inside them -- a desire, a dream, a vision.

**Muhammad Ali,
Boxing Champion**

Quotes by

Ray Kroc Founder of the McDonald's corporation



The quality of an individual is reflected in the standards they set for themselves.

Luck is a dividend of sweat. The more you sweat, the luckier you get.

The two most important requirements for major success are: first, being in the right place at the right time, and second, doing something about it.

While formal schooling is an important advantage, it is not a guarantee of success nor is its absence a fatal handicap.

Thanks to McDonalds NZ for the Ray Kroc quotes

You are not the product of your circumstances.
You are a composite of all the things you believe and all the places you believe you can go.

Your past does not define you.

You can step out of your history and create a new day for yourself.

Mark Hawthorne – CEO/Managing Director McDonalds New Zealand

www.mcdonalds.co.nz

Levi Vaoga

World's 4th Strongest Man

Levi Vaoga, the 4th strongest man in the world and strong man from the Mitre 10 Mega Store television advertisements in New Zealand is awesome!

I do not stand as high as his shoulder and when he did a weight lifting demonstration he picked and grabbed almost three times my weight. During my interview he shared with me some of his great tips. He had decided at aged nine years of age that he wanted to be something special and be a strong man. Over the years these are some of his strategies

- 1 He didn't have a coach so he had to motivate himself.
Decide what motivates you, so you can set goals and self motivate yourself.
- 2 He used collages of his goals as his motivation which we now called Treasure maps.
Write, draw or collect pictures of your goals.
- 3 When he was preparing for an event, he calculated which muscles he would use the most for all his events and work on preparing those ready for his lifts.
- 4 As a teenager, he never took drugs and kept away from any negative people and behaviours. He was never bullied. (I'm sure it was his size even way back then)
- 5 He used positive self talk to keep himself motivated and kept believing in himself and has awesome self-esteem. *Take control of the thoughts in your head.*
- 6 He believes in Karma and believes that the more good he does (and he does lots) that it comes back to him. And he says it does. *Find what good deeds you can do.*
- 7 He has been 'shoulder taped' in my words, where people have suggested he tries new things, ventures etc. and he listens to those ideas that support his progress and future.

Levi's Successes and Goals

Height: 198cm
Weight: 173kg
Chest: 154cm

He has competed in 12 International Strongman Competitions since 1998.

His current goal is to start a strongman and help others achieve their goals in and out of the gym



More information about Levi Vaoga <http://www.strongman-nz.com>

Evers-Swindell Twins Caroline Meyer and Georgina Earl



Caroline and Georgina grew up on the family orchard outside Hastings. Attending Rudolf Steiner School, they were virtually inseparable, playing in the same netball, basketball, cricket, badminton and hockey teams.

When Caroline was 14, the younger twin by four minutes, she decided to try rowing. The agreement was that Georgina would not go near the sport until Caroline was a New Zealand representative, thereby ensuring that the girls carved separate niches.

They have been tagged the Ice Maidens by their overseas opponents, because they seem impervious to pressure and give nothing away. But they are quiet achievers, even if their years at the top have boosted their profile in New Zealand.

Georgina and Caroline Evers-Swindell went three seasons without defeat and were so dominant that other rowers chose different events to steer clear of them at major championships.

At the 2008 Summer Olympics in Beijing, Caroline and Georgina won gold in the women's double sculls, beating the German double by 1/100 of a second, 7:07.32 versus 7:07.33. This was the first time in history that the Olympic women's double scull title had successfully been defended.

Caroline and Georgina announced their retirement from rowing in October 2008.

Olympic medal record		
Competitor for  New Zealand		
Women's Rowing		
Gold	<u>Athens 2004</u>	Double Sculls
Gold	<u>Beijing 2008</u>	Double Sculls
World Championships		
Gold	<u>2005 Gifu</u>	Double Sculls
Gold	<u>2003 Milan</u>	Double Sculls
Gold	2002 Seville	Double Sculls
Silver	2001 Lucerne	Double Sculls
Silver	2001 Lucerne	Quadruple Sculls
Silver	<u>2007 Munich</u>	Double Sculls
Bronze	<u>2006 Eton</u>	Double Sculls

Exer-Dancing – Feeling Good Naturally!

A Curves Gym Pin-Up Girl (At 50 something)

Life comes in swings and roundabouts. In my teenage years I had time to be involved in team sports, however once motherhood and then single parenting became my life choice, team sports, was tricky for me!

That's when I rejoined the gyms. I could attend when I had spare time for myself. Trim and slim, I was kept fit by bouncing on rebounders, jump kicking, working on machines, running and jamming to fabulous funky upbeat music that made exer-dancing a fun way to exercise.

Years later and after a lapse of ten years, I re-joined the world of gyms to become trim and slim again. Little did I know that being asked to submit an article in their magazine would then fast forward me to my very first 'gig' as a pin-up girl in a gym magazine. I had trimmed and slimmed down...so being shy was thrown out the window and at the age of 50 something, I was a pin-up girl for the first time in my life!



Another lapse because of health challenges and I've rejoined AGAIN to lose the weight and trim and slim up again! Finally here's what I've discovered when I exercise at the gym.

1. I lose weight
2. I tone up my body
3. I make friends
4. I dance better
5. I receive encouragement
6. I feel more energized
7. I feel more positive about myself
8. I am looking after my own health
9. I can wear clothes I love that had shrunk
10. My self esteem gets a boost!

My other favourite exercise is beach walking, where I breath deeply, listen to waves, enjoy the fresh air, have a wee chat or pray to the 'universe' and get in touch with nature and dream up ideas and get inspired. I encourage you to find your place!

Believe and Appreciating Yourself

Be in the habit of treating yourself the way a coach or best friend would.
How would you talk to yourself? What kind of voice would you use?
What kinds of things would you ask yourself? Tell yourself? Make sure it sounds good!

Know your Strengths

Take some time to catalogue your internal resources into a notebook, or put them on post it notes on your wall. What are you good at? What do your colleagues, friends, family members say you're good at? What are your natural strengths? Be sure to ask around and hear what others have to say. Then notice out of all of that, what do you enjoy doing? Look at what you're both good at, and what you enjoy. The more you understand yourself, the more you can help yourself grow and reach your potential. Follow your bliss!

Keep a Daily Appreciation Diary

Each evening, perhaps while you are relaxing at home or going to bed
Make a note of these things in a notebook. Make sure you capture different things each day.

Appreciation for Life

What can you appreciate about your day? It can be the simplest of things having clean drinking water on tap (literally!) all day? Fresh air to breathe? A stunning sunset? A sunny day? Rain that has watered your thirsty garden? What has happened today/what have people done/what have you enjoyed? What do you feel like appreciating about life today? A nutritious dinner? Traffic was good? Your friends/family? And so on it goes

Today three things I'm appreciating about today are:

1. _____
2. _____
3. _____

Appreciation for Self

Now ask yourself what you can appreciate about yourself today? What qualities do you have? It could be noticing what a wonderful friend/son/employee you are. Perhaps you've noticed today how patient you can be, or how you cheered someone up? It can be small things.

Perhaps you can admire the nice shape of your finger nails, or the sheen on your hair? What have you done today you would like to celebrate? What did you achieve, do, not do, or overcome that you are pleased with? It could simply be getting out of bed when your alarm went off! It could be a grand accomplishment you've been working towards for months.

Today I'm celebrating that I:

1. _____
2. _____
3. _____

Supplied by: Karen Ross from <http://www.avaraconsulting.co.nz>

Curves

Gym for Women

Quote from Whangaparaoa Gym (My gym)

Your body is like a car, it needs regular servicing, daily exercise/healthy eating options are your main grease and oil components.

Just like rust on your car this is unpreventable, but with daily exercising you can prevent high blood pressure, high cholesterol, and diabetes.

So think about it, instead of waiting 6-12 months to be serviced, exercise daily, all it takes is 30 minutes.

So reap the benefits of exercising and watch your energy levels rise, your motivation increase and your self esteem grow.

Curves Whangaparaoa

Leaders in Women's Health and Fitness



Self Esteem and Sports Quotes

An athlete cannot run with money in his pockets. He must run with hope in his heart and dreams in his head.

Emil Zatopek,

Distance Running / Sprinting / Track & Field Champion Athlete

It is not the size of a man but the size of his heart that matters.

Evander Holyfield, Boxing Champion

The time your game is most vulnerable is when you're ahead, never let up.

Rod Laver, Tennis Champion

If you aren't going all the way, why go at all?

Joe Namath, American Football

You can't put a limit on anything. The more you dream, the farther you get.

Michael Phelps,

Swimming Champion

I don't run away from a challenge because I am afraid. Instead, I run toward it because the only way to escape fear is to trample it beneath your feet.

Nadia Comaneci,

Gymnastics Champion

You are never really playing an opponent. You are playing yourself, your own highest standards, and when you reach your limits, that is real joy.

Arthur Ashe,

Tennis Champion

Leaders aren't born, they are made. And they are made just like anything else, through hard work. And that's the price we'll have to pay to achieve that goal, or any goal.

Vincent Lombardi,

NFL American Football coach

Ask not what your teammates can do for you. Ask what you can do for your teammates.

Magic Johnson,

NBA Basketball Champion

Janice's LOGO

Shared in this ebook, to help people understand the process of esteem growth



Janice's Logo is based on the @ sign you see on any keyboard.

She sees a similarity between that and life.

You can stay AT one place in your life, never learning new skills and going around and around in one place, repeating the same mistakes, 'stuck' in a rut

OR

you learn new skills and then move forwards and upwards in your life.

When you learn one skill, you integrate that skill into your daily life.

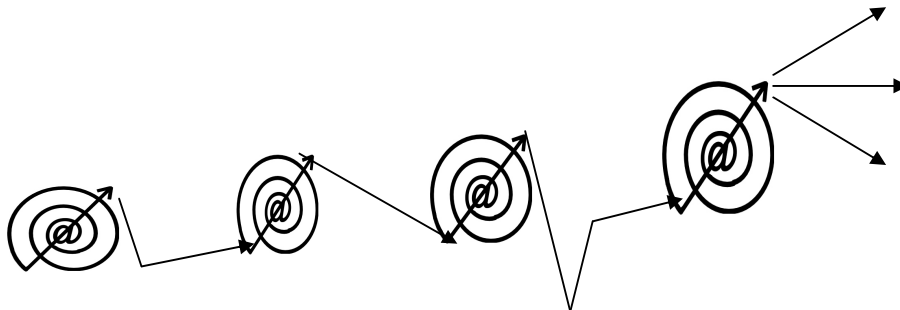
You remain at that point in your life, for as long as you choose. You either get stuck again, zig zag or progress up or down in life, or you learn another new skill.

By learning the next skill needed for your success,
you master another challenge

and move onwards and upwards in your life again.

With each challenge you overcome, you achieve success and gain momentum in your quest to be 'who' you want to be as the master of your life

...and so your self esteem grows and improves
as you become the greatest person you chose to be.



The History of this WORLD FIRST!

Janice Davies the Attitude Specialist, got the idea of the New Zealand Esteem Day at the beginning of the millennium in the year 2000. After four years she created the event. In 2006 the event became the International Self Esteem day with people in Australia and the USA starting to support the concept.

Janice has been appointed as New Zealand's first representative for the International Council of Self Esteem. A charitable non-profit organization dedicated to sharing research, resources and information and strategies to enhance human effectiveness, globally.

Janice believes low self-esteem is one of the reasons we have many of our social, and educational problems, additionally, in the workplace there's underachievers and people lacking in the confidence to perform", she says. "The self-esteem day is an idea whose time has come - everyone can learn to believe in themselves!"

In 2007 the International Think Tank was created in Auckland New Zealand. This is a group of talented, dynamic interested people who are working together to expand this idea globally. Some of these people and others have shared their tips with you to help you journey towards greater success. SelfDay awareness day is on the last Wednesday of June each year. A new logo and name has been created and the Self Esteem Day is now known as the



More Free Tips on: <http://www.internationalselfesteem.com/>

More Free Webinars and E-courses on: <http://www.selfesteemday.com>

Janice Davies – *Queen of Self Esteem*

Janice – the lady with nice in her name, works with motivating and inspiring people's thinking and attitude to spring load to success. She's an expert she says, because she had to do it for herself.

Somewhere in her teenage years, her self esteem plummeted when she was bullied at school and stayed that way for eighteen years. She thought happiness, fulfillment and success would just happen. She was waiting to be rescued and of course that did not happen and she did not realize that she had to create her dreams.

She learnt the hard way by changing her self-belief from a person with low self-esteem, to a person with high self-esteem believing that the world is her oyster!

She calls herself the Attitude Specialist and she works with groups and individuals steering them towards success. Her presentation topics for conferences and conferences evolve around include Workplace Attitude, Positive Teams, Confidence/Self Esteem Work/Life Balance, Goals and Difficult people.

Her hot topic workshops where she teaches people about empowering themselves, can now be found online with her new websites:

www.difficultpeoplehelp.com – 6 Module Webinar Program
www.xfactorconfidence.com – 8 Module Webinar Program
www.attitudetraininforyou.com – 330 page Training Program
www.thinkpositivetobeasuccess.com – 8 Module Webinar Program
www.successfulsingleparenting.com – Upcoming Book
www.attractmoney2u.com. – Program

Visit our sites and keep yourself informed and learning or follow us online:

- Videos and Self Esteem Channel - www.youtube.com/janicemaydavies
- Regular Tweets - www.twitter.com/AttitudeTrainer
- Interact with us on Facebook - www.facebook.com/attitudespecialist
- Read our blogs - www.attitudespecialist.blogspot.com
- Register for our weekly quotes – www.attitudespecialist.co.nz

Thank you for letting share with you. Our aim is to help you become your greatest. All of us who have contributed into this ebook, know that success does not come overnight. It comes from daily taking one more step towards your goals and dreams. Each of you have your unique stamp to make the world a better place. Please email us with any questions. Janice@attitudespecialist.co.nz

Best Wishes and Good Luck



Janice Davies APS

Self Esteem and Sports Quotes

To win takes a complete commitment of mind and body. When you can't make that commitment, they don't call you a champion anymore

**Rocky Marciano,
Boxing Champion**

Pressure is nothing more than the shadow of great opportunity.

**Michael Johnson,
Distance Running / Sprinting / Track & Field Champion**

Show class, have pride, and display character. If you do, winning takes care of itself.

**Paul "Bear" Bryant,
American Football Champion**

Besides pride, loyalty, discipline, heart,
and mind, confidence is the key to all the locks.

Joe Paterno, Football Champion

If you lose your integrity, you've lost everything.

**Larry Gelwix,
Rugby Coach**

Hard work alone won't guarantee success, but without hard work,
I'll guarantee you won't have success.

**Bruce Pearl,
Basketball coach**

If you want to experience all of the successes and pleasure in life, you have to be willing to
accept all the pain and failure that comes with it.

**Mat Hoffman,
BMX rider.**

Life is often compared to a marathon, but I think it is more like being a sprinter; long
stretches of hard work punctuated by brief moments in which we are given the opportunity to
perform at our best

**Michael Johnson,
American Sprinter**

Excellence is not a singular act, but a habit. You are what you repeatedly do.

Shaquille O'Neal, Basketball