

SELF IMAGE

Let's explore the concept of self-image, and start to understand it a little better. Your entire life evolves around images. Just as every company has a corporate image, every individual also has their own self-image. Think of your home for a moment. As you think of your home, be aware that an image of your home comes on the screen of your mind. Or think of your automobile and an image of it comes on the screen of your mind. And so it does every time you think of yourself.

Science and psychology have isolated the one prime cause for success or failure in life. **It is the hidden self-image that you have of yourself.** It controls your mind, just as surely as your mind controls your heartbeat. To remake your hidden self-image for success and fulfillment is to remake your entire life. **Your success in any undertaking will never be greater than the image you have of yourself.** Your self-image is your own conception of the sort of person you are. It determines what you believe you are able to accomplish. Your self-image was very likely unconsciously formed from past experiences: your successes and failures, your humiliations and triumphs. This image or opinion you have of yourself will determine how you interpret other people's reactions to you and significantly affect your success in everything you're ever going to do.

If you're wondering what kind of self-image you have it's not difficult to figure it out. All that's required is for you to take a look at the various aspects of your life. Take a look at the results you're getting. Possibly your relationships, your income, and the position you hold at work or the type of business you're operating. Take a look at your own personal appearance. These are all the results; they're the outer expression of the inner image. As we alter this inner image everything outside begins to change.

One of the great errors that almost everyone makes is they're attempting to change their income, they're attempting to change their position, they're attempting to change their business, they're attempting to change something outside of themselves without changing what's going on inside. For me to try and change the results in my life, in other words, what's going on outside of me, without changing what's going on inside, would be just about as foolish as for me to try to change my reflection in a mirror without changing my physical appearance.

It's never going to happen. But that's what people are doing, they're trying to change something outside without changing what's going on inside. Here's a point that most people don't understand, and I want you to read this paragraph over and over again until it's firmly burned into your mind:

No person and no circumstance on earth can prevent you from improving your self-image. The degree to which you improve the image of yourself will be in exact proportion to the amount of truth that you can honestly accept and the amount of positive change you put into engineering your new self-image - A WINNER'S IMAGE.

George Bernard Shaw once pointed out that people are always blaming circumstances for what they are. He said, "I don't believe in circumstances. The people who get on in this world are the people who get up, look for the circumstances they want, and if they can't find them, they make them." That's what this book is going to help you do. I like the way Napoleon put it one time, "Circumstances - hell, I make them."

At the bottom of page seven in the workbook there is a diagram that I have become very familiar with and I've shared with hundreds of thousands of people on all corners of the earth. When we think, we think in images - we've already covered that fact. When you thought of your home an image came in your mind and when you thought of your car an image came to your mind. Now think of your mind. When most people think of their mind, if they get a picture at all, it's a picture of their brain. But their brain isn't their mind, any more than their fingernail is their mind. We're going to have to build a picture of the mind. It's like the little kid in school who was doodling away, drawing a picture and the teacher asked him what he was drawing. When he told her it was a picture of God, she told him no one knows what God looks like. Then he told her they would when he finished the picture. We're going to have to do what the little kid did; we're going to build a picture of the mind.

Mind is movement and body is the manifestation of that movement. I often mention