

# Week 8 – Self-Respect/Self-Image/Self-Portrait

## Day 1

### Self-Respect/Self-Image/Self-Portrait - Definition

One's self-image is the portrait a person has of himself.

### Self-Respect/Self/Image/Self-Portrait - Quote

"You cannot perform in a manner inconsistent with the way you see yourself."

Dr. Joyce Brothers

### Demonstration:

For each day of the week, give yourself either "+" if you demonstrate this quality or "-" if you do not.

M\_\_\_\_\_ T\_\_\_\_\_ W\_\_\_\_\_ Th\_\_\_\_\_ F\_\_\_\_\_ Sa\_\_\_\_\_ Su\_\_\_\_\_

### My Goals for the Week:

+	Goals

Self-respect determines what your expectations are. It comes from your willingness to never quit.

**How do you gain respect?**

**What is equal to self-respect?**

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## **Day 2**

### **Self-Respect**

The most desired quality people wanted for themselves in a survey was respect. People want to be respected and not disrespected. Respect can be earned in only one way. One must encounter tough times and come through with your head held high. The most respected student athlete I knew personally was Anthony Robles, a State Champion and eventual NCAA National Champion wrestler who only had one leg. He was respected by all because he had been dealt a tough hand at birth but, nevertheless he never allowed it to stop him from doing what he wanted.

Obviously, self-respect/self-image/self-portrait determines to a great deal your success. At the age of 22 months, all the neurons in your brain are formed and from that day forward everything said to you or about you, every experience you have, puts a stroke on the portrait you have of yourself. This is important because you cannot perform in a manner that is different from how you see yourself.

Self-respect correlates exactly with self-expectations. High self-respect = high expectations. Low self-respect = low expectations. You can improve self-respect in two steps.

**Recognize that others have been painting your portrait until today. You will paint your portrait beginning today. What does this mean to you?**

**Never quit. You gain self-respect in small increments. It does not come all at once. It is simply doing all 10 math problems. It is cooperating with teachers to improve. It is standing up for the positive. You have the opportunity to increase self-respect every day in every assignment or job you are given.**

**People say you earn respect if you give respect. Why is this false?**

**What improves when you do a good job with something as small as cleaning your room?**

## **Week 8 – Self-Respect / Self-Image / Self-Portrait Day 3**

### **Bill Glass, Jim Sundberg and the Prison Inmate**

During a break in a prison ministry presentation, Bill Glass asked Jim Sundberg how it was that he came to be an outstanding Major League Baseball catcher. Sundberg replied that his dad was always telling him that he would end up being a Major League catcher. Sundberg said that he did not want to disappoint his dad. A prison inmate was standing nearby and quietly said, "I didn't disappoint my dad, either." Bill Glass asked him what he meant. "You see, the inmate continued, "from the time I was a child my dad always told me I would end up in prison, and sure enough, here I am."

Two different stories. The opposite ends of the spectrum. This story illustrates the picture that two men were given of themselves. Self-image is very simply the picture each person has of himself. This picture or portrait as I will call it has been "painted" by everything you experience. Everything that has been said to you, about you and everything that has been done to you has made this portrait what it is today. How important is this self-portrait?

**What is the picture that others are painting of you?**

**You are who you are, where you are and what you are because of what has gone into your mind. How can you change this for the better?**

# **Week 8 – Self-Respect / Self-Image / Self-Portrait**

## **Day 4**

### **Maxwell Maltz**

Maxwell Maltz in his book, *Psycho-Cybernetics*, determined that the key ingredient in self confidence is the use of visualization. What was so groundbreaking was his discovery that the body cannot tell the difference between a real experience and one that is vividly imagined. This meant that a person did not have to actually do something if he could vividly visualize his doing it. His body could not tell that he had not done it and when the time came to perform, the body performed as if he had done it. We have discussed the story of Major Nesmith that was proof of this fact. If you recall, Nesmith had not actually played golf in seven years; he had been in a prisoner of war camp in North Vietnam, but when he was home, he shot a 74 on his home course. Before the war he had seldom broke 90. He visualized, vividly imagined, playing the course every day for the seven years he was in prison. His body did not know that he had not played and it performed as he had imagined when he was finally on the course.

In his book, Maltz talks of a study done shooting free throws. Three similar groups were tested. One group practiced 30 minutes a day actually shooting free throws, one group did nothing, and one group practiced mentally 30 minutes a day. The group that did nothing scored about the same as the first test. With both groups that practiced there was significant improvement. The odd thing was that the group that did nothing physically but practiced mentally visualizing the task, scored as well as the group that actually practiced physically.

In 1977 I taught this concept in the spring to a group of offensive linemen at Southeast Missouri University. They were attentive but did not seem very excited about the daily lessons. One of the linemen was an average lineman. He was going to probably start for us, but he was not the one we would have chosen to run behind on short yardage or goal line. He had the physical size but was limited because of technique and toughness. When we had our first padded practice in the fall, we had what we called the "Oklahoma drill." This was offensive linemen versus defensive linemen between two dummies to see who could move the other one out of the space. It was a test of technique, but it was more a test of toughness, "mano y mano." This lineman of mine was matched against the best player on our team. The defensive lineman had been All-Conference and would eventually be the defensive player of the year. I did not expect to win this match. Without going into the specifics, the offensive lineman put the defensive lineman on his back three times in a row. He was the only member of our team who did not seem at all surprised. After practice I asked him, "How did you do that?" "It was easy," he said. "I did all the weight work and the running that you gave me in the summer workout program. Every night for 30 minutes before I went to sleep, I visualized this drill and this day. I saw the dummies, the grass, and even your surprised face. I visualized exploding off the ball, pushing with the ball of my foot, rolling my hips, throwing my hands and extending through the block and driving my feet. I have done this a thousand times."

**What is mental practice?**

**How do you see yourself in the positive?**

# Week 8 – Self-Respect/Self-Image/Self-Portrait

## Day 5

### Evaluate Your Week

We've been focused on "Self-Respect/Self-Image/Self-Portrait" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

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If you completed goals, what did you learn?

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Write down in complete sentences, something that you learned about "Self-Respect/Self-Image/Self-Portrait" this week.

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Of the three stories, "Self-Respect", "Bill Glass, Jim Sundberg, Prison Inmate", "Maxwell Maltz", which had the greatest impact on you? Why?

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### Demonstration:

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