

# MICHELLE CEDERBERG

MKIN, BA PSYC

Live Out Loud



## Are you READY to GET TO IT?

- Life Balance
- Stress Management
- Increased Productivity ... **NOW, more than ever!**

## “I Rock!”

**Say it to yourself.** If you're saying it but *not believing it*, maybe you need to spend some time nurturing your self-esteem and building your self-respect. Take a look at the definitions below:

**self-es-teem** – a confidence and satisfaction in oneself: *self respect*.

**self-re-spect** – a proper respect for *oneself* as a human being. Regard for one's *own* standing or position.

Each of us hopes to feel these on a high level. Your **self-esteem** is what helps push you to higher levels of success and fulfillment in your life. If it's high, *skies the limit* on where you can take yourself. If it's low, you may be holding yourself back from greater happiness and exciting possibilities. Your **self-respect** helps you be strong and capable, to feel good about yourself and your accomplishments, *no matter what anyone else may think*.

**“I Rock!”** is the energy I attach to the idea of feeling good about yourself and all the wonderful things about you. **Need a reminder of what those things are?** *Read on...*

**The Very Heart of YOU:** Think of *at least 3 adjectives* you think best describe you. Write them below. The description may be positive or negative, just try not to censor your thoughts.

I am \_\_\_\_\_

I am \_\_\_\_\_

I am \_\_\_\_\_

I am \_\_\_\_\_

Choose the one 'I am' statement you believe to be most important. This is your *core belief* about yourself, the personal self-belief that underlies your self-image. Write that core belief below:

## “I Rock!”



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My core belief is that I am \_\_\_\_\_

What does this core belief reveal to you? Does this statement criticize you or appreciate you? Does it support low or high self-esteem? **How does it make you feel?**

### The "I Rock" In You

Write down all the qualities that you **like** about yourself. Use space on the flip side of your paper if you need more space (*I hope you do* 😊).

**I Rock** because:

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**I Rock** because:

What is it about these features that you like? How does this *affection* boost your self-esteem?



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### Building Your "I Rock" Potential

Review your self-image based on this exercise. You will now have an idea of the self-beliefs that *enhance* your self-esteem, the self-beliefs that *do nothing* to support your self-esteem, and the qualities you would like to incorporate in your new attitude about yourself.

### Say YES to POSITIVE thinking

By re-connecting with some of your basic beliefs you can now begin to focus on changing any that are holding you back and improving upon those qualities that you like about yourself.

**Start** by posting your **I Rock** list where you can view it daily. Add to it anytime the inspiration strikes. **Secondly**, begin to raise your awareness around your *negative self-talk* or the 'not-so-nice' things you say to yourself throughout the day. When the words come into your head, kick them out, stop the thought, and re-frame into the positive (remember your **I Rock** list?).

The message we hear most often will win favour toward how we think about ourselves. Tell yourself *I'm smart*, tell yourself *I'm funny*, tell yourself *I like my eyes*, tell yourself

# I Rock! ...because you really do.

Book Michelle Cederberg, MKin, CEP, *Professional Speaker* "Your 'Getting to It' Guru"

Michelle Cederberg leads the industry for life balance, health, and stress management programs, resources, and tools that *actually* conquer procrastination, fatigue, and loss of motivation. Her expansive education and experience combined with her unique products, platform skills and messaging will ensure individuals and corporations understand that **"It's not the doing that's tough, it's GETTING TO IT!"** and she helps you figure out how. With a Masters in Kinesiology, a BA in Psychology, and a specialization in Health and Exercise Psychology, Michelle combines mind, body, and practicality to inspire change! She has built her career since 1990, as a college educator, personal trainer, fitness coordinator, author, and business owner. As a professional speaker, she shares her experiences in a humorous and realistic way with delighted audiences across North America. Michelle knows her energy has fueled her business success! Today, through her products and presentations she motivates you to take small steps toward BIG changes, so you can *actually* **GET TO** the good things – even with a busy schedule!

To book Michelle to speak for your organization, please contact her through the information below!



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