

SPEAKER, CONSULTANT, COACH, AUTHOR

Michelle Cederberg, CSP

WORK-LIFE BALANCE • STRESS MANAGEMENT • INCREASED PRODUCTIVITY

The Energy to Succeed  
in Business & In Life

## I Rock!!

By Michelle Cederberg, CSP  
MKin, BA Psyc, CEP, Co-Active Coach

### “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 \_\_\_\_\_

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Helping people with full schedules and a long list of responsibilities maximize their personal energy



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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!"**

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:

**I Rock** because:

**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.

**Sometimes success needs a little help!** If you want guidance with your goals email Michelle at [info@michellecederberg.com](mailto:info@michellecederberg.com) to find out about one-on-one life coaching and to order a copy of her Accountability Journal: **GOT TO IT!** 365 day journal for *getting to the good things*

*Every day accountability to help you switch “I’ll get to it” to GOT TO IT! Have better work-life balance, finally fit in fitness, increase your energy, and love your life – one day at a time.*

**By mentioning this article**, Michelle will extend a \$4.00 discount on every journal you purchase *and* provide a free sample session of coaching.

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**Michelle Cederberg, CSP** (Canada's *newest* Certified Speaking Professional)  
MKin, BA Psyc, CEP *Co-Active Coach*

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 help you find the energy to succeed in business and in life, and you'll have fun learning how. She has built her career since 1990, as a college educator, personal trainer, author, life coach and entrepreneur. As a professional speaker, she shares her experiences in a humorous and realistic way with delighted audiences across North America. This past July she was awarded her Certified Speaking Professional (CSP) designation – the highest earned designation in the speaking business, held by less than 10% of the global speaker's federation. If you hire a CSP you can be guaranteed a professional, high quality presentation that will make an impact on your organization.

Michelle knows her energy has fueled her business success! Today, through her products and presentations she helps you increase energy and productivity through a small steps philosophy that just makes sense.

**Corporate/Group Seminars, Lifestyle Coaching, Product Sales**

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