



Lesson Twelve

Who Do You Wish To Be?

This last lesson in your self-concept makeover gives you one more way to enhance your self-concept and self-esteem.

When we see concrete examples of the qualities we admire, it can inspire us to do the same.

Most of us never aspired to be an average person working in a cubicle at a job we don't enjoy. ***When you can be the person you've always wanted to be, your self-concept will be perfect for you.***

Isn't this what everyone dreams about?

When you're the person you want to be, you'll have the life you desire.

Consciously decide who you want to be:

1. **Who do you admire and why?** Do you wish you were more like James Bond? Why? Are you a fan of Abraham Lincoln? Albert Einstein? Why?

2. What personal qualities have you always admired in others?

- Charisma?
- Confidence?
- Mental toughness?
- Kindness?
- Cool under pressure?
- Happiness?

3. What can you do today to start being the person you've always wanted to be? There's no one that can stop you. Anyone that tries to get in your way can be ignored. Be on a mission to become the person you would admire.

This is the ultimate goal. ***If you're the person you wish to be and living the life you desire, your opinion of yourself will be at the highest possible level.***

Everything else is just a stepping-stone to reach this point.

Even as you work on enhancing your self-concept, it's important to accept yourself, wherever you may be on your journey.

We'll pause for summary and reflection of this self-concept makeover in the next lesson. Then, the next module guides you through the process of accepting who you are.

***“Because one believes in oneself, one doesn't try to convince others.
Because one is content with oneself, one doesn't need others' approval.
Because one accepts oneself, the whole world accepts him or her***

– Lao-Tzu

Here's what you need to do today:

In your journal, write down one quality that you admire in someone else.

How can you start demonstrating this quality yourself?

Make a note to remind yourself to practice it each day.