



PROFITLAB

## SELF-ESTEEM or SELF-ACCEPTANCE

### ***"The rating game is the sickest game in the world" by MORRIS E GOODMAN***

*"Self-esteem means to measure your SELF – which is impossible.*

*Most of man's negative emotions, including fear, resentment and especially depression, originate from this most self-destructive concept.*

*You are a sum of all your many attributes, behaviours & experiences which amount to many millions. But when we look at someone and say "I don't like that person" it is always based on a narrow view of a singular or limited behaviour. We equate their behaviour to them as a person & value them as not worth anything.*

*How can you evaluate something you can't see (Spirit)?*

*How can you evaluate something you can see but which is as complex as YOU?*

*No-one can tell themselves or another person who they are – they can tell them about the things they do, but they can't tell them who they are. 'I am I' – that's as close as you can get.*

*And yet we will rate people and their attributes or behaviours and performance as if that's who they are and then we place a value on them which suggests them as a poorly or properly performing human being. And when people have a singular performance rated they generally interpret it as their person that's rated.*

*When people say "I'm a Doctor or a Mother or an Athlete, what they mean is that that's what they do. But that's not who they are. They do Doctoring, Mothering and Athletics which they sometimes do well and sometimes not. One incident of bad mothering does not make a bad mother or a bad person. We all do many, many things constantly and all the time which cannot be rated separately or together as a representation of you. You cannot be rated any more than you can rate a sunset or God as good or bad.*

*If you look in isolation at one brush stroke of the Mona Lisa painting by Leonardo Da Vinci it will tell you nothing about the magnificence of the painting. But that's what self-esteem does. It judges you on an aspect.*

*Your goal is UNCONDITIONAL SELF-ACCEPTANCE so don't ever get involved in the rating game that places a rating on an aspect, behaviour, attribute or experience of who you are – it's the sickest game in the world and people that play it are badly informed and will become depressed by its destructive and negative force.*

*Rating anyone's behaviour has the effect of equating it to who the person is and as we've seen that's impossible. It's also arrogant and presumptive and either puts the other person on a pedestal or in the pit. Either way it's an illusion – a lie. And it feeds false information for fueling worship or hate.*

*People who play the rating game will tell you they are rating behavioral performance – how well you do something. But that's a lie too. They are only justifying their own perceptions of value.*

*I do speaking and sometimes I give good talks and sometimes not. Consider the case where I give a good talk and everyone applauds me. Now I walk outside and drive away distracted by my thoughts that nearly causes an accident. The other driver yells and screams at me and calls me a jerk. I get back in my car and drive down the road when I see an accident. I pull the driver from the burning wreck. Now I'm a hero. Well what am I? A few minutes ago I was a great inspiration, and then I was a jerk, now I'm a hero, all in the space of an hour.*

*The answer is I'm me and I cannot be rated.*

*Don't fall into the self-esteem trap and don't play the rating game – it's a sick game played by sick people.*

*'I am I' - and that defies rating."*

**Morris Goodman – Roadblocks to Goal Setting**

### **SELF-IMAGE – by Morris Goodman (The Miracle Man)**

- *Before you can expect others to like you; YOU have to like you.*
- *The way you perceive other people becomes the reality about them and vice versa*
- *Unconditional self-acceptance paves the way for your productivity and success*
- *DO NOT RATE YOURSELF – you will sometimes do things poorly and sometimes well.*
- *When others rate YOU – dismiss their prejudices and agendas.*
- *You cannot CONNECT with another person by rating them – when people feel they are being rated they become confused & disequilibrium is created for imbalanced energy. There is no way that rating one aspect or performance doesn't impact perceptions about the whole. You won't connect with anyone that rates your performance. Even when they give you a great rating, they simply serve an impropriety and put pressure upon you for sustainability of the good rating. When you get rated 'The Best' or as 'No 1' – where do you go from there? Such expectations ultimately lead to resentment.*