



If you can see yourself doing
something, you can do it. If you
can't see yourself doing it,
usually you can't achieve it.

David Goggins

@goggins

See Yourself Doing It

Adeola Babatunde



See Yourself Doing It:

Aladdin & company. See yourself doing it. "As a man thinketh." The law of supply Robert Collier,1925 Do You See What I See? Seeing Yourself Through the Eyes of God Kathy Parson,2009-03-26 Do you see what I see is a book designed to reveal the principles of Godly wisdom needed to establish maintain and guard our self esteem We are made in the image of God so male or female we are beautiful inside and out The word of God say s in Psalm 50 2 From Zion perfect in beauty God shines forth KJV This is a classic description of self esteem established from biblical principles This does not come from a manual of intellectual rules The book speaks to readers about our mind our heart the principles and the foundation on which we build our self esteem The book also explains the difference between authentic and camouflaged self esteem men who suffer from low self esteem and walking in the beauty of godly self esteem Believe it or not there are women in the Body of Christ who are suffering from low self esteem They come to church Sunday after Sunday dressed up flawless make up hair flowing or stacked and inside they have no idea who they really are because there is so much pain and torment The outward appearance is dressed up to hide what is on the inside But the devil is a liar what is outside should just be an enhancement of the beauty that is on the inside of them The two must link up the inside and outside have to connect in order to walk in the truth of God given self esteem Self esteem is the inner strength confidence and beauty that we possess as human beings It is not arrogant or haughty it is powerful The enemy wants to take this from you The bible says the thief comes to steal kill and destroy John 10 10 The enemy hates God s children and the self esteem that reflects the glory of Jesus Christ blinds him from seeing and getting a shot to destroy it The building up of self esteem starts in the mind When a woman looks into the mirror if she likes what she sees then her thoughts register and it is displayed outwardly If she doesn t like what she sees she first analyzes if it is something she can quickly fix such as a small flaw Anything beyond her immediate control causes her to develop a complex which begins to develop in her subconscious mind and travels to her heart This is the plan of the enemy leading to the destruction of her self esteem The enemy seeks to devour our self esteem His mission is to attack us with low self esteem in order to entangle us and hold us captive He plays tricks with our minds to try to make us believe his lies It is imperative that we do not come into agreement with him Our mind and our thoughts must be subject to the Lord Jesus Christ We have the power to command every thought that comes in our mind to be subject to Jesus Christ We have to guard our hearts God tells us in His word to guard our hearts for out of it springs the issues of life Proverbs 4 23 In other words it is what is in our hearts that show people who we really are This is why we must be hidden in Christ our place of refuge He will keep us in His care so that who He say s we are will reflect to those who see us As long as we walk this earth we will have enemies King David was a giant killer He defeated his enemies because the confidence inside of him came from God The more confident we become the more the enemy will try to destroy our self esteem However we already have power over him and his tactics so there is no need to fear him In order to be all that God has created us to be we must build our self esteem

on His foundation it is a sure and eternal foundation Self Esteem established by God is authentic There used to be a saying Is it live or is it Memorex Is the sound of what we hear live real is it recorded or is it someone else s voice Camouflaged self esteem is derived from someone else s voice Authentic self esteem is eccentric Its beauty is exuberant The principles of godly self esteem are not gender specific God created men in His image and beauty so that same truth applies to men **DO IT AFRAID** Adeola Babatunde,2013-10-31 Self defeating behaviour is the single most common reason why people seek psychotherapy Fear prevents people from making their dreams a reality The most frustrating part is feeling there is need to change one s attitude and not knowing how or knowing how but being unable to adapt to change Do it Afraid is an antidote it explains why we sabotage ourselves and it offers a proven course of action to transform behaviour from self defeating to life enhancing It provides practical steps toward change that you can work into your everyday life **The Thundering Years** Julie Tallard Johnson,2001-04-01 Shows teens how to harness the intense emotions and drives of the late teen years using wisdom from cultures around the world Includes exercises personal and community rituals and resources that show how to successfully navigate the Thundering Years without heading toward violence drug abuse and other self destructive behaviors Includes inspiring quotations from many spiritual traditions as well as the words and real life experiences of other young adults Presents an honest view of the passions and pain that occur during this major life transition According to native traditions the Thundering Years are the time in life to listen to intense feelings dreams desires and goals to be outrageous and even difficult The Thundering Years are the teen years the time when you are journeying into adulthood They are exciting years full of potential and creative energy and they are painful years full of turmoil and self examination Author Julie Tallard Johnson has collected wisdom from cultures around the world to help you survive your Thundering Years with your soul creativity and even sense of humor intact She offers numerous techniques and traditions to help harness the powerful energy released during this time She shows that when you connect with your thunder in a respectful way you are given the confidence you need to accomplish all your dreams Includes Mindfulness and energizing meditations Vision quests Dream weaving Drum medicine Initiations and rites of passage Rituals for releasing anger and celebrating the seasons Making your own journals and medicine bags Finding your creative community *The Tidal Model* Philip J. Barker,Poppy Buchanan-Barker,2005 Based on extensive research The Tidal Model charts the development of this model of care outlining its theoretical basis and including clinical examples to show the benefits of encouraging the client s greater involvement in their treatment **Beyond Weight Loss** Althea A. Madden,2014-01-20 Congratulations You have reached your goal weight Now what How will you maintain it What makes this time any different from the last 5 10 15 or more times you achieved success only to regain the weight and then some This book is about weight management not weight loss as we all know how to lose weight The fact that you have been on numerous diets over the years and successfully lost weight means you are an expert on losing weight However like me what you are lacking is a plan to keep it off permanently Inside these pages you will

find step by step instructions on the 7 Essential Success Factors for maintaining your goal weight while living an organic authentic strong lean and healthy life Beyond Weight Loss shows you how to maintain your weight loss through doing what you love and feel passionate about being where you want to be and doing what you want and with whom embracing who you are and what you do speaking your truth not fighting what is walking through open doors and leaving closed doors alone understanding that changes occur and knowing the right time place and conditions not taking things so personally and enjoying the moment and having the answers you seek **You Can Master Your Fear** Magdalena Scopelitis,2012-06-26 Be the master of your fear and you can rule over your life Fear is the only obstacle between you and your dreams between you and what you most love So says Archangel Raphael who in this series of channelings unravels the mysteries of fear and through its darkest paths guides you step by step up to the glade of love He helps you tear away fears masks one by one till you come to know its real face only then does he teach you the ways to transmute it into love thus eliminating its disastrous implications According to Archangel Raphael fear shows that somewhere in the deepest part of your being you have chosen hatred versus love and your life cannot have real meaning Only when your fear is transformed can real life happen to you The end of your fear will signal the beginning of your life Until that day comes you will have just lived in a lie in an illusion I am only asking you to give me your fear Archangel Raphael adds and I will give back to you your love the most precious gift you ever had **Millionaire Mind Unleashed** Pritam Kumar Goswami CA,2021-08-19 Have you ever wondered how many times people without any background or any formal education even after facing multiple financial and social obstacles manage to push through and create immense abundance and become self made millionaires while those with all possible advantages in life do little to become one This is because more than money or power it s the mind that makes a millionaire Having such a mindset means you could be faced with the wildest of situations and difficulties where you see no way out not immediately at least but despite that with your faith and persistence you can overcome them Their thoughts feelings and actions radiate hope and positive expectations A self made millionaire perseveres and either finds a solution or creates the necessary conditions for one So then how do you control your thoughts What do you think The book shall help you realize your dreams It contains plenty of exercises that require one to be particular and honest The book also uses some of the NLP Neuro Linguistic Programming Techniques which are going to help you change your self limiting beliefs and install the right cognitive programs in your mind Invincible Christianity Steven Briooks,2025-05-27 Experience Faith That Cannot Be Shaken Power That Cannot Be Stopped Step into the victorious Spirit empowered life God has designed for you In Invincible Christianity best selling author pastor and gifted teacher Dr Steven Brooks provides a practical guide to achieving unshakable faith supernatural breakthrough and divine empowerment Through powerful biblical insights compelling personal testimonies and Spirit led teaching you ll discover how to Activate faith as a dynamic force that unlocks miracles and overcomes every challenge Experience the transformative power of speaking in tongues breaking addictions and aligning

with God's will Walk in the anointing that impacts health finances and relationships Leverage modern tools and global influence to expand God's kingdom Live with supernatural peace confidence and boldness This book isn't just about knowledge it's about powerful life changing application Whether you're a new believer or seasoned in faith Invincible Christianity will equip you to rise above obstacles and experience the fullness of God's promises You can be empowered by the Word and transformed by the Spirit Step into the supernatural life you were destined for What Leading Theologians Are Saying Through his writing Pastor Steven transmits no less than his very life It is sacred a holy impartation As you open this book approach it with reverence and a heart overflowing with thanksgiving to the Lord for such an extraordinary gift a living gift to the body of Christ Father Geoffroy de Lestrangé Hermit Monk and Benedictine Parish Priest of 40 Years Cerdon France This powerful volume is victory based living made clear and simple With scriptural authority and spiritual insight believers will be speaking out their destiny to the amazement of this dark world For those in my tradition Pastor Steven embodies the spirit of St Padre Pio whose gifts have inspired us for decades How lovely that God is uniting us all in fidelity faith and power Rev Dr Ronald Thomas Ph D University of Cambridge in England Associate Professor Canonical Mandatum from the Diocese of Charlotte Theology Dr Steven Brooks is a best selling author dynamic minister and renowned teacher of God's Word known for operating in signs wonders and miracles His powerful yet lucid teachings equip believers to walk in unwavering faith and experience the supernatural As the host of Pure Gold a global television program reaching over 200 nations he shares the gospel with clarity and conviction His books translated into multiple languages impact lives worldwide including underground churches in persecuted regions With a doctorate in theology Pastor Brooks is passionate about empowering believers to live victoriously transformed by God's love and power *You Can Do It* Tonny

Rutakirwa, 2020-01-30 This is the third book in the Awaken Series by Tonny Rutakirwa that shows you how to overcome adversity when you feel at the end of your rope or to be prepared if you are ever put in such a situation **BE YOUR**

TRUTH Amy Goldberg, 2019-11-12 Showing you how to embrace your truth by cutting through the bullsh*t to get to your best life In this powerfully insightful no holds barred look at the internal obstacles holding us back from living our true potential author Amy Goldberg shows readers how to identify defeat and deconstruct the inner barriers preventing us from taking decisive action BE YOUR TRUTH is an inspirational funny well aimed wake up call guaranteed to galvanize anyone who thinks they are not good enough **Shamanism for Teenagers, Young Adults and The Young At Heart** Robert

Levy, 2014-02-28 There are many books on the market explaining detailing defining and analyzing shamanism while explaining how a person can become a shamanic practitioner However the person is always assumed to be an adult Shamanism for Teenagers Young Adults and The Young At Heart is the first book of its kind It is a how to begin a shamanic practice written for teenagers After explaining how to begin the author leads the reader through a series of journeys each one widening the scope of knowledge Each journey is carefully selected to give the reader the knowledge that this type of

journey exists and can be used in many circumstances

Success, Money and You Fred Schäfer, 2008-07-08 Start your journey to financial success This is a concise and inspiring must read book for people who seek secure and lasting achievements in business professionally and financially You will discover the philosophy of the rich the philosophy of the poor and powerful success strategies You will learn how to re program your thinking and how to overcome money making limitations To be financially successful is not nearly as difficult as many people think Don t wait Awaken the wealth creating power within yourself Be successful with your next application promotion or business venture and develop a deeply satisfying vision and focus in life

It's Not a Secret to Success Angel Richardson, 2011-09 My mother Angel Richardson is very passionate about teaching people what they were born to do I think you ll find this book a very good tool to help you figure out what you were born to do Kristian Whitehead My mother is very passionate about what she does She wakes up early and works on how to help other people become passionate about their lives as well Her daily list consist of God fi rst my dad me and my sister then her life coaching business Kiara Whitehead I love this brilliant little book Angel Richardson writes with passion and heart on a topic that is near and dear to us all living a life of purpose passion and success If like many you nurture doubts about your ability to achieve success you ve got to read this book In *It s Not a Secret to Success* Angel guides inspires and leads by example This book will absolutely change your life DeBora M Ricks Author of *Why Did He Break Up with Me*

Turn Your Dreams Into Reality Gini Graham Scott, 2015-08-08 Empower yourself to get what you want feel more satisfaction at work and in your personal life and prosper in all that you do Filled with easy to learn yet powerful strategies and techniques *Turn Your Dreams Into Reality* helps unleash your creativity improve your relationships be more persuasive and increase your energy Using visualization the law of attraction intuition meditation and more this book provides the tools you need to gain everything you want in life love and career Discover how to visualize your goal take the needed steps toward it and overcome any obstacles in your way Access the inner powers of your mind and use them to make better decisions and find true self empowerment Through practical exercises and comprehensive instruction you ll turn problems into possibilities and then transform those possibilities into success

The Positive Power of Imagery Tammie Ronen, 2011-03-21 *The Positive Power of Imagery* presents the theory and practice of imagery therapy as a creative intervention that challenges therapists to learn the skills for creatively designing personalized exercises to match clients specific needs problems and personalities Presents a unique integration of imagery therapy with CBT and positive psychology Challenges therapists to develop imagery therapy techniques tailored to fit their individual clients personalities and problems Features case illustrations and guidelines for the use of imagery and metaphors for both adults and children

Dynamic Alignment Through Imagery Eric Franklin, 2022-11 This resource shows readers how to use imagery touch and movement exercises to improve coordination and alignment The exercises also help relieve tension enhance the health of the spine and back and prevent back injury

Your Life on Purpose Matthew McKAY, John P. Forsyth, Georg H. Eifert, 2010 Explains how

readers who feel lost in life especially those affected by the recent economic downturn can reclaim their lives by turning values into clear intentions and intentions into committed action Unblocked Margaret Lynch Raniere, David Raniere, PhD, 2021-04-13 If you've ever felt like you're stuck unfulfilled or that you've been consistently playing small and yet there's something inside you that knows you're meant to do feel and be something more then Unblocked was written for you Leading empowerment coach Margaret Lynch Raniere has distilled years of experience and client success into a proven approach to help you overcome the blocks that stifle your potential By leveraging the ancient chakra system and evidence based Emotional Freedom Technique EFT also known as tapping she's created a groundbreaking healing system to help you reclaim your inner power and transform your life This book includes unique Healing Experiences that will guide you through actively unblocking the lower chakras root sacral solar plexus and heart These empowerment chakras are the source of our power and when they're blocked by long buried pain and fear we remain limited by self doubt procrastination and a perpetual need to prove our worth When those blocks are cleared we finally stop proving and start being our most powerful passionate authentic selves One by one you'll free the empowerment energy contained in the chakras and unleash your innate superpowers to be fearless and vulnerable confident and real strong and compassionate without needing to be perfect In addition Harvard trained psychoanalyst Dr David Raniere highlights the psychology behind these transformative experiences including practical tips on how to integrate them and elevate your level of feeling speaking and acting in your day to day life Just imagine what you could accomplish if you embraced a new way of being in the world and consistently acted with confidence courage and a deep belief in yourself and your value No matter where you're starting Unblocked is the ultimate empowerment tool to help you fully inhabit your best self and create the life you've always wanted How To Talk To Absolutely Anyone Mark Rhodes, 2017-08-02 Talk to anyone anytime about anything with confidence How to Talk to Absolutely Anyone is your personal handbook for stepping up your communication game Part confidence coach and part social manual this book reveals the reasons behind your reserve and offers real practical ways to break through the barriers and make a connection Whether you fear judgement and rejection or just don't know what to say these simple exercises will equip you with a gold mine of social tools to get you through any situation This new second edition has been updated to include the complete 30 day Zero to Hero Personal Confidence Course to help you build your skills and increase your chances of getting what you want out of any conversation Working step by step you'll learn how to approach strangers strike up a conversation and exit gracefully by first changing your outlook you develop the ability to navigate even tricky situations with confidence and ease Conversation skills affect more than your social life they can impact your career as well In removing your social hesitance you open up a whole new world of effective communication with customers and colleagues and begin building the relationships that get you closer to your goals This book provides real world techniques to help you get better and better every day enabling you to Overcome your fear of rejection Strike up a conversation with anyone anywhere Open

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