

**Book Review ‘Mempertingkatkan Harga Diri: Membina Semula Diri
Untuk Kejayaan’ (Malay Version)**

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Written by Ranjit Singh Malhi, the most important factor affecting self esteem is self-success or who we think of ourselves. This mental picture of our self or internal self portraits is often expressed as self-image by some authors. According to D. C. Briggs, the image of ourselves is simply the belief system we build on ourselves. Research has shown that our personality is a manifestation of our own personal success. All our actions and feelings are usually in line with our dominant beliefs. When we have a positive self image, we feel happy with ourselves. Hence to enhance self-esteem, we need to establish a positive belief system that changes our limiting beliefs to the power of empowerment. Trust is the thoughts or ideas in your mind that you receive as true. Your confidence in yourself has largely been reflected in the notion of past experience; the success and failure of how you are rated by others significant; and knowledge gained. We often see ourselves as others see us (reflected principles). You become what you often think. Whatever you usually think is finally sculpted in your subconscious mind. Whatever is believed to be true by your conscious mind, your subconscious mind will accept it and bring it to reality. The subconscious mind will trust you whatever you say to him, even though that is not true. Partial mind accepts, stores, and acts on whatever mind is carved upon him by the conscious mind. Unlike conscious minds, the subconscious mind is incapable of claiming and thinking on its own.

Our general personality and behavior are characterized by our belief system. You will actually act as the person you trust is you. As noted by Maxwell Maltz, self-image is the overall basis of our personality. Indeed our belief system is an automatic pilot or automated guide system that guides us to failure or success. A positive belief system also forms the vast majority of one's personality and ability; it empowers the individual to achieve the desired goals. Beliefs or positive thoughts produce endorphins (a kind of morphine) that trigger a person's passion. Self-confidence also determines your achievement limit; what you can and cannot do. You are confined solely to the limits of your own self-esteem. Your trust will be a reality; you are what you describe and believe. Many people fail to achieve great success in life because of negative self-image and not for lack of ability or talent. People who have negative self-image will often have low self-esteem; they do not like themselves. Therefore they feel unworthy of life and incompetence to face the basic challenges of life. Low self-citations filter any positive messages; Positive thinking or motivational workshops do not make sense for themselves. Based on the Internal Therapeutic Theory presented by Prescott Lecky, any idea that is inconsistent with one's self-image will be rejected.

Briefly the thought of success in programming the mind to create an action plan that can lead to success. Instead, thinking of failure to program the mind to think of negative ideas that result in failure. Your image is not your own, but your perception of yourself. Most of our self-esteem is exemplified by our responses or our interpretation of past

experiences or how others are significantly responding to us. We assume that belief is true even if it is possible that it is wrong. We also behave according to him. Self-confidence systems become the framework of reference or the way we see the world, namely how we observe and interpret things of life. The image of ourselves is like the lenses we use to see the reality or see the world. Based on our eyesight through this lens, we choose the behavior we consider appropriate for a situation. Therefore, our behavior will be inconsistent with reality if the lens distorts the situation.

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