



**Attitude Specialist**  
**Janice Davies ASM**  
*"the lady with 'nice' in her name"*

[Home](#) ~ [Attitude](#) ~ [Resources](#) ~ [Speaking](#) ~ [Corporate](#) ~ [Coaching](#) ~ [Testimonials](#) ~ [Articles](#) ~ [Contact](#)



**Janice Davies**  
 ASM - N.S.A.N.Z.

- Attitude Specialist
- Speaker
- Author
- Educator
- MC



Register for the Self-Esteem ezine

Enter your e-mail here

Submit

This event is a World First!!

## The Purple Tick for Healthy Thinking Campaign

New Zealand's FIRST Self-Esteem Day

7 July 2004

It's all about humanity!!

*I am me. In all the world there is no one else exactly like me.*

*There are persons who have parts like me, but no one who adds up exactly like me.*

*Therefore, everything that comes out of me is authentically mine, because I alone chose it.*

*Virginia Satir*

### Read The Purple Tick for Healthy Thinking E-Book

#### DEFINITION

#### The Six Vital Ingredients Of Self-Esteem

Self-Esteem is a composite of six vital ingredients that can empower or detract from the vitality of our lives:

The six are:

##### 1 PHYSICAL SAFETY

*Freedom from physical harm.*

##### 2 EMOTIONAL SECURITY

*The absence of intimidations and fears.*

##### 3 IDENTITY

*The "Who am I?" question.*

##### 4 AFFILIATION

*A sense of belonging*

## **5 COMPETENCE**

*A Sense of feeling capable.*

## **6 MISSION**

*The feeling that one's life has meaning and direction.*

**BETTIE B YOUNGS**

The 6 Vital ingredients of self esteem

How to develop them in your students

Printed courtesy of Gordon Dryden - The Learning Revolution

[www.thelearningweb.net](http://www.thelearningweb.net)

**Being myself includes taking risks with myself, taking risks on new behaviour, trying new ways of 'being myself'**

**so that I can see how it is, I want to be. Hugh Prather**

## **ARTICLE**

### **The Purple Tick a for Healthy Thinking Campaign A SELF-ESTEEM DAY FOR NEW ZEALAND**

**Do New Zealanders lack self-esteem? Are our suicide rates too high? Are social problems a consequence of bad attitudes? Attitude specialist Janice Davies thinks so and is organising an annual national self-esteem day to address the problem.**

**Everyone knows the red tick for a healthy heart, she says, and would like to see the purple tick for healthy thinking on newspaper articles, television advertisements television items, and spread on other items throughout the community.**

**'I think it's going to be the world's first self-esteem day' says Janice who styles herself as 'The lady with "nice" in her name' and runs a small company training personnel helping companies find commercial success. She's also a professional speaker, a member of the National Speakers' Association of NZ.**

**The National Self-Esteem day is a 'feel-good' day, she says, whose purpose is to unite New Zealanders by getting them to think about who they are and help them to feel better**

**about themselves. She lays out the programme for the day under three headings**

**Ideas to boost your own self-esteem**

**Ideas to boost another person's self-esteem**

**Activities/goals for work, home, or school to have fun & achieve in NZ**

**'It's an idea whose time has come' she enthuses. 'A day for people to boost their own self-esteem, and spread it to others.**

**'A low self-esteem affects a broad spectrum of society, from professional people to beneficiaries. It can have a short term effect on a person when a crisis occurs in their life, or a long term affect on people where they are affected throughout their lives. Low self-esteem affects a person's self-responsibility, dependency and achievements in life.**

**'Prevention is better than cure', says Janice, emphasising that it's a minority group who have never been affected by low self-esteem at some time.**

**'It's learning to believe in oneself and understanding that life is a personal journey to success. However, many people get hampered along the way by their own and others thoughts in the form of put-downs. Then they physically and mentally withdraw and don't contribute to society.**

**'We want people to be have a positive attitude and be a success for themselves and others.**

**'Nelson Mandela says " *Your playing small does not serve the world*"**

**Self-esteem day will be non-profit, she says, organised by New Zealanders for New Zealanders and will become an annual event, in July each year. Sponsorship, ideas and assistance is welcome.**

**Don't surrender your individuality, which is your greatest agent of power, to the customs and conventionalities that have got their life from the great mass..... Do you want to be a power in the world? Then**

be yourself.  
Ralph Waldo Trine

### Nelson Mandela's Speech

*Our deepest fear is not that we are inadequate,  
Our deepest fear is that we are powerful beyond  
measure.*

*It is our light, not our darkness that most frightens  
us.*

*We ask ourselves, who am I to be brilliant, gorgeous,  
talented fabulous?*

*Actually, who are we you not to be?  
You are a child of God.*

*Your playing small does not serve the world.  
There is nothing enlightened about shrinking so that  
other people won't feel insecure around you.  
We were born to make manifest the glory of God that  
is within us.*

*It is not just in some of us, it is in everyone.  
And as we let our own light shine, we unconsciously  
give other people permission to do the same.  
As we are liberated from our own fear, our presence  
automatically, liberates others.*

**Life is like a motor car. A motor can cen be used to  
travel to great heights. But most people alie in front  
of it, allow it to drive over them, then blame if for the  
accident.**

***Your Goal in life is to find out who you are. The  
Course of Miracles.***

**This National day will be marketed throughout New  
Zealand to childcares, primary schools, high  
schools, businesses, rest homes, hospitals and  
other organisations.**

Promoted will be:  
5 Ideas to boost YOUR self-esteem  
5 ideas to boost *another* persons self-esteem

### 5 Activities that people can do at work, home, school etc

The National Self-Esteem Day will be promoted via the media in television, radio, newspapers and magazines. Also, via business clubs, organisations, personal databases and contacts. *Any help would be appreciated.*

This day is about New Zealand people feeling good about themselves, patting themselves on the back, appreciating their gifts and talents, that they can offer their family, workplace and the country. We all have **a job towards self-responsibility** and to make out country the best possible. We are WORLD LEADERS, so why not appreciate ourselves and the beautiful country we live in.

COMING UP ON THIS PAGE submitted by you.

Articles, ideas, quotes, activities about self-esteem. You may submit your ideas via post, fax or email. Check this site for the details. Also register for the Self-Esteem ezine [janice@attitudespecialist.co.nz](mailto:janice@attitudespecialist.co.nz)

Thank you Sponsors:

Self-Esteem Web Page Sponsor [www.quik.co.nz](http://www.quik.co.nz)

Media Guru [www.mediapeople.co.nz](http://www.mediapeople.co.nz)