

Ophir Akiva

The Best Way

BestWay Model

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Introduction

Thank you for choosing to allow yourself to have a positive and empowering experience through me. In this book you will find many tools with which you will be able to experience a life of fulfillment, health, success, happiness, abundance, and peace with yourselves and with your surroundings. From here on out everything is up to you. I hope that this book will provide you with direction, and by this I will have completed my mission.

We all want to live our lives to the fullest, to achieve all of our goals and live a life of abundance, peace, health, and happiness – a life that we will lead with love and keep on giving our surroundings more and more. It is important for all of us to work in what we love, to live in a pleasant home, spend time with our family and friends and simply be healthy, happy, and filled with all the good this world has to offer. Before you is an opportunity to receive more.

Why do we make the same mistakes over and over again? Get stuck in the same nonsense again and again? There must be a different, educated way, a way that build and does not destroy. In all of our relationships, in our work connections, love, and family, we want things to be better. You know what? You deserve the best. When a person is feeling good, everyone around him feels good as well. Everything goes more smoothly, pleasantly, and comfortably.

When a person is feeling good about himself, he radiates this feeling outwards and this operates and influences. But how exactly does it influence? I have tried many methods, seen many things, and have practiced quite a lot. We will begin to examine this from the foundation, from the starting point. We will look around us for a moment and ask how does this happen in nature? And in the biblical sources? To help us I will bring in King David and other characters such as snakes and lions. From all of these we will learn about the human soul. No more confusion and losing our way. It is time to realize!

This book will expose you to practical tools for every area of your life – tools that are taken from the world of nature, animal behavior and the bible. I am not talking about miracles and promises but rather a way which, if you practice and believe in, you will achieve success in your career, love life, and relationships. This is a way that leads to excellence, to valuable leadership, to constructive communication, crisis management, and creating meaning in your life. Here in your hands is the opportunity to receive many ways of acting that you will be able to utilize in times of happiness as well as times of crisis. According to my perception, every good thing begins with a simple basis: value and way. A person needs both of these in his world.

Value – Finding the thing that makes him happy and provides him with a good feeling, placing a goal before his eyes – big or small – to aspire to realize a dream, near or far.

The main idea is to find what is good for the person himself as well as the people around him. When a person finds his North Star and his conscience and the values that guide him, all that is left is for him to walk along this sure path.

The Way – Is not always easy. Sometimes it is long and winding, and the trick is to walk it successfully.

We are measured at the moment of truth, sometimes when it is hard and sometimes when it is wonderful. How do we react and what is the consequence? Since one moment can change so much. Will we be able to know, at the moment of truth, to stop and choose well?

In this book I have gathered an abundance of insights from different worlds. In each chapter I will provide a taste of a certain field, and at the end of it you will also find several tips and pieces of advice. Very quickly you will discover that the power is in you. All you need to do is choose, believe, practice, and soon the results will arrive.

I will tell you a small but important secret: The answers are already in your hands. In each chapter you will only need to learn how to identify them and choose correctly.

I am happy and appreciate the fact that you have chosen to give your life more: more love, more joy, success, health, happiness,

and wealth. You hold in your hands a tool that can bring about a positive change in your life.

Allow yourselves the required time, this is an active call; every time you desire to, you will be able to go back and read what is written, write down comments and build your way of achieving the good that you deserve in your lives.

My blessings for the path that you have chosen to walk on.

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Part A – The Model of the Value and the Way

1

Self-esteem

The Decisive Importance of the Right Self-esteem

Self-esteem is the most important tool for achieving every goal you set throughout your life. A person with high self-esteem conducts himself in a way that is noble and sure of realization. To my despair, despite the fact that they have the ability to create for themselves a way that is amazing and makes success easy, most people are not aware of the power that is hidden within them and more than once they try to be like others. When they try to imitate qualities that are not theirs, they prevent themselves from happiness and blessing and bring deep frustration upon themselves.

The simple rule: If you are not making any progress, then this is probably not the right way for you. The universe is sending

you signs all the time. It is sad to see those who do not understand their lesson and repeat the same mistakes over and over again. The price they pay for this only grows more and more. All the while that they continue in their way and do not choose the way that is good for them or at least try it, they will continue to receive blows in order to wake them up and show them the way. Inside self-esteem lies hidden a person's ability to know for certain what his innate abilities are and how to find his real designation – in order for him to realize his dreams.

If you do not enable yourself to feel happiness because you do not love yourself, then you will never achieve it.

Imagine a person who encounters, on his way, opportunities and signs that could lead him to happiness and success, but problems that are already planted within him from his childhood prevent him from focusing and advancing towards a goal that will be good for him. All his life he tries to please others and as a result of this he feels frustrated. The frustration leads to bitterness, and this leads to anger, and in this way a person who thought he was nice

and generous with others, turns into a wounded and angry man who distances his close surroundings away from himself.

The way is simple. When you are not sure – **stop!** Ask yourselves: Is this thing good for me? Am I giving with truth and joy or only because I need to give?

A person who values himself creates for himself goals in life and works to fulfill them, because he deserves it! He does this not out of hurting the other but thanks to his ability to dream and create for himself a suitable life. A person who lives with self-love and self-esteem radiates it outwards, like thousands of tiny, glowing candles that invite the people and good things that the person wishes for himself. A person who does not value himself, is sad and miserable. Now you already know how to identify people without self-esteem – they are those that live their lives yelling, complaining, being cynical, and doubting. They are those that create much ado about nothing.

And what is the conclusion? If you value yourself, you will know how to get along in every situation and every opportunity (or

“problem” in pessimistic terms) that comes your way. After you have stopped for a moment and examine the situation, you will see how your self-confidence leads you to a reasonable and calm path towards a solution, and not on a path that is that of a baby who is crying noisily in order to get what he wants.

Think about it: What do you like to do? What do you like about yourselves, your personality, and the way you conduct yourself on a daily basis?

What would you like to be doing right now in order to make yourselves happy? Come on, do it. It is simple and easy.

Being a Lion, Being a Lioness

What creature has the highest self-esteem? The lion, of course, king of the animals. Close your eyes and imagine the lion walking the wilderness of Africa in peace, powerfully, with confidence. He is not in a hurry, does not yell, and does not disturb his surroundings. “The lion – knows that he is a lion” – these are the words of Sharon Akiva, brother and teacher.

We have not yet seen a lion begging for his life, ingratiatingly. These traits are reserved for animals that need to be

on guard constantly so that they will not be devoured. One moment of not being careful, and they can be devoured.

And you? How do you conduct yourselves daily? Are you easily angered and swayed from your path? Does any easily fleeting word or thing affect your mood and possibly make you depressed? Do you behave like a lion or an animal of prey?

The good news is that inside every one of us lies a lion as well, and the way to preserve the lion is good and easy. He is already within us – within our heart.

Every time you encounter such an opportunity, just stop. Do not be quick to react but rather take a breath or two and ask yourselves: How would a lion react to the current situation? What would the confident and calm person I want to be do in order to come out of this story in good shape? Take a few deep breaths, and the answer is already in your hands. See how easy it is, **the answer is always there**, it's just that sometimes we do not listen to it and act on our impulse. The impulse is fear, and that is what we will deal with in the following chapters.

Stopping and choosing – this is the big secret that I will repeat many times in the book. It is not enough just to say, you need to experience it. The first difficulty is stopping on time. A second difficulty is choosing correctly out of belief and confidence in your ability to deal with every threat and harm that will come your way.

✓ Confidence in your Personal Ability

Where does the wonderful confidence that everyone talks about come from? What is that spark of quality that distinguishes the people who function in difficult moments from those who fall apart or freeze just when you need them? The answer is faith and mainly experience. In survival courses and in lessons for rescuing from ruins and assistance in times of catastrophes, they teach that there is a decisive significance to a person's sense of self-efficacy when he is faced with a complex situation. A person with experience in various difficult situations will know that even if this time the story is different, he has the experience, the strength, and the ability to deal appropriately with everything he encounters, and on the condition that he does not become panicked. The source of panic is low self-confidence and personal destruction. This is exactly the result when fear loses its main function and takes control of us. Fear is a feeling that lasts around a quarter of an hour. Its goal is to make us focused to find a quick and effective solution in the face of a threat that is upon us. It is the warning light-bulb and

the reverberating siren in our heads that are there in order to awaken us into action. In the field, when rockets are falling all around, we make use of these sounds. How will we appear if, out of fear of the siren's sound we freeze and refuse to get out and help those who need us? Imagine a mother who hears a person yelling at her son. Immediately she will go out and protect her son like a noble lioness. Our confidence in acting depends on past experience, on the faith we have in our ability to recreate this and a lot of our recognition of the righteousness of our way.

When we act for a good cause, and not in order to hurt someone, then the universe and our surroundings will be in our favor. When the intentions are right, focused, and good, then they become effective and possess the ability to rescue us from almost any situation.

The most important thing is to remember to stay calm.

The Other Side – What Does a Person without High Self-esteem Look Like?

These people are everywhere around us. Every person wants to improve their self-esteem. It is a pleasant task that never ends.

Are you familiar with people who yell? Those who every little thing takes them out of their serenity and as a reaction they hurt others badly? Those same people who are easily angered and offended are characterized by a sad syndrome of a person who is not aware of his abilities and regresses backwards to infantile behavior of “breaking the rules” – like a small child who goes wild when his desires are not met here and now, and he begins going wild and does not think of the enormous damage he is causing around him.

If you are confident in yourselves and in your abilities, this means that you will know how to manage. In each situation or difficulty that arises, you will choose to react reasonably and responsibly. Even if you will be involved in a confrontation, you will choose to do so in a respectable, mature way. You will express your opinion in a clear and elegant manner, listen to the other side,

and by means of open, effective communication and many good intentions and tolerance you will solve the crisis together.

Those who become angry and fall apart quickly are likened to a small dog who has to make noise, screaming, and commotion, out of fear that he will not be seen and will instead be trampled upon. The fear of not receiving respect, of not being loved, controls him.

In short, dear friends, if you are confident in yourselves, you will only need a short, sharp roar to awaken and focus the surroundings to your desire.

How do We Avoid Unnecessary Confrontations?

The rule in nature is clear and simple: Fight only when you are protecting one of two basic instincts:

1. **Survival** – Everything that is related to a creature's need to eat in order to exist, territory.
2. **Reproduction** – We are moved by the need to create an additional generation that will carry our genes.

Only if these conditions are damaged, animals will go to war or begin a confrontation. And what about us, humans? What do we fight about?

That's right, we fight about nonsense. Struggles over respect and control, wounded egos, and the like make us lose control and start an attack, even on the people we love and are the most close to.

A strong person, with high self-esteem and rooted values, will do everything they can to avoid a confrontation that has the potential to become stronger and more complicated as long as he keeps his "right" opinion. It is known to all that a small argument

can quickly escalate to harsh words moving back and forth, ostracizing, and struggles between families and organizations. There is a scale of confrontation escalation that describes exactly what happens to us if and when we do not know how to stop in time. This is true between people, organizations, and countries. The wise thing to do is to stop at the right moment, a moment before the situation begins to heat up. The wise person sees things before they come to exist and knows where they will progress from here. The strong person knows how to stop and choose correctly. When you are before a large fight, disconnect yourself from the situation, sit for a moment at rest and think about what you will get from the whole thing and what will be the price you will have to pay in exchange for it. Almost always you will be able to choose to avoid unnecessary fights before you enter them. Simply stop in time and tell yourselves that a person with values and self-esteem like yours, will not lose their temper because of something that does not threaten their lives.

And whose obligation is it to apologize first and end the thing? It is the stronger and smarter person's obligation to. In this

way he situates himself as this type of person in the other side's eyes and in the mouth of all those who see and hear the story. Even if justice is with you, it is easy to say: "I am sorry for your getting hurt and I want to find a peaceful way to solve the matter". In this way you did not admit to anything, you were empathetic to the person in front of you, and you have built the road to peace between you.

✓ **The Way to Come Out the Winner of Any Confrontation?**

I am not assuming that we live in "La La Land" and that everything is nice and calm. There is no doubt that sometimes we are forced to enter a confrontation. The trick is to know, in the midst of all of the turmoil, how to preserve the honor of the person in front of us, and in this way, preserve own honor as well. In a confrontation there is no need to use offensive and hurtful language. It is important to remember one thing: Words are stronger than any sword, and there are things that cannot be repaired. With a lot of effort we might be able to soften the injury, but a responsible person says what he means and means what he says. The argument "It was just in the heat of the moment..." is unacceptable. We are not

children and we must be aware of the consequences of the words we let out of our mouths. In many cases the severe confrontations are actually with the people who are close to our souls, and if so then how will matters look when we want or are forced to go back and be together?

An educated confrontation is when each one shares his opinion, brings up the pain that was caused him and his opinion regarding a solution. The others need to listen, think, and choose how to react. The correct way is to spare ourselves the hurt feeling, the habit of going back to forgotten cases from the past and search for the winning blow, because this would mean a longer and more difficult length of time needed for the wounds to heal.

And here is a gift for you in the form of a single word that solves many difficulties – sorry. Even when you are convinced of your righteousness, it is not a shame to apologize for hurt or suffering that you have caused. To the contrary, it is a certificate of maturity and proof for the person who believes and is confident in himself. And when we make a mistake, this word is a magic word all the more so.

Most people tend to stand firm in their viewpoint. Only the best succeed at stopping for a moment, understanding the other, and apologizing when they do something without thinking or intending to.

With every small confrontation that we are able to spare from ourselves or get through quickly and with consideration, we have received a few more moments of grace and serenity that lead to a deepening of the love. Simple and easy – it only takes consistent practice. For a person with high self-esteem and values, life passes by with almost no fights. Try it – it's fun. And I am not talking about hitting people. He who hits someone who is weaker than him, his destiny is to be hit by the strongest of all.

✓ A Small Strengthening Exercise

Sit comfortably, take a deep breath or two and remember...

When did you arrive at a situation where, if you had stopped in time, you would have been able to avoid an unnecessary confrontation, pain or regret over things that happened “out of your control”?

Try to find the exact point (usually there is more than one) in which you could have saved the situation, and think: what would you do differently? What would your reaction to the situation be? How would you choose to react differently as a lion, out of calm and confident reasoning? Why, in fact, did you not act as you feel now? Was it because of ego? Honor? Fear of appearing weak or stupid? What is the price you have paid due to this incident?

And here is a present for you:

What can you do to repair? Even a little is excellent:

- Apologizing, compensating, complimenting, or something similar – this is simple and easy.

- The wiser and stronger – he will be the one to make the first move.
- If you choose to do something good for yourselves, what would be the first step you take?

Write everything down on a piece of paper.

I am already excited, because I believe that a large percentage of the readers are doing the exercise at this moment. They are finding themselves facing a water trough that appeared broken, and then suddenly, in the blink of an eye, with the right vision, it appears that all that was needed was a little refinement, a caress, and everything returns to how it was before. How beautiful.

Come on, lions, here is another small peak you have conquered.

A Personal Story

When I went out for the first time to lead a safari jeep trip in Turkey, I did this without a preparation journey beforehand. This situation is abnormal and unacceptable, since the tour guide is supposed to have been to the place at least once in order to be

familiar with it, take photos, and write down signs, all the more so when we are talking about a journey into the forests and mountains of Turkey, when most of the time the tour guide and the group are distant and disconnected from the world outside.

However, it was not possible to send me off on a preparation trip as an apprentice, and it became my duty to take out a group of about seven jeeps and two main “tools” that were supplied by the company: a talk with a senior tour guide, which, while sitting in his house we simply wrote down everything he remembered as instructions for the five-day journey in the field, things such as “when you see a Syrian pear tree turn left...”, “look for the pathway that goes at a height that is three-quarters of the mountain...”, and a local guy, a nice Turk who knows the area, who was right next to me throughout the whole trip. Indeed he was a nice guy (most of them are – smiling and generous), but he was familiar only with the field that is close to his home, and there we journeyed during the last day and a half alone.

How am I supposed to act in such a situation? How do I not get myself into stressful, paralyzing, and panicked situations? A

detailed reference and answers to this question can be found in the chapter “Managing Crises” and inside yourselves. Back to our matter, the understanding that I must be as professional as the circumstances allow me to be is what helped me deal successfully. It was clear to me that in preparation for the task I must learn well from every possible source: books, booklets, and local people. As a leader of processions through the mountains, you must know how to channel your fear into a focus, trust your intuition, and not be embarrassed to ask for help when needed. Getting organized in this way did not negatively affect my sense of manhood, rather, it assisted me in reaching everyone’s shared goal.

You can find an additional story about self-esteem in my journey to Tunisia – a journey into the Sahara, on camels, alone in a strange, unfamiliar, and unloving land, moving between moments of supreme happiness and moments of utter despair.

(You can get details regarding the travel diary and the electronic book, which describe the experiences and useful insights for every person, in the website address that appears at the end of the book).

The topic of self-esteem leads us again and again toward the next destination out of a sense of capability of overcoming our fear. Self-esteem exists in every field of life:

- In a conversation with a new client,
- In building a new product,
- In communicating with your partner,
- In the ability to write the book that you are now holding,
- In the way to realizing every goal and dream.

And I will add that even today, after I have led tens of thousands of people, I still get fearful and excited before every workshop I give, every lecture or tour. It is a wonderful feeling and it helps me focus and say to myself: “Ophir, you are capable of doing this excellently. You have the knowledge, experience, and confidence. Translate the fear into excitement, focus yourself into excellence, and find the best way to give true value to the people being guided by you”.

We are all able to choose at every given moment how much power to express. Appreciate your natural abilities and features, and go for fascinating and joyful successes.

✓ King David and I

And now I would like to move on to your personal connection to King David.

If you like, this is none other than an exercise in self-esteem that is taken from the sources:

Me? King David? How? And I ask you – what brings a young man to decide that he can defeat the biggest and scariest enemy that has ever risen upon the nation? Where did he get the courage? Where did he get the nerve? What is the source of the faith?

I will open with a brief chronology of the events in a biblical story: After the people spent time wandering the desert, strengthened, became united, received and implemented laws and ethics, finally he advanced in an outflanking, spared themselves unnecessary battles with the Edomites, and swiftly made it from Mount Nebo to Jericho. At that same time, in a nearby place, the “Sea Peoples” took their places, with an expert in seamanship who imposed his terror upon the area’s shores, until the Egyptians caught them and brought them back mightily. From that moment began the race! Who will occupy more space in the land that is described as “the land of milk and honey”.

Battles and wars at that time were mentally and physically hard. The battles were conducted face to face using swords, spears, and arrows, cries and sparking eyes... After a few hard confrontations the decision was made to change the rules. No more orphans and widows. This time we will act wisely, every side will send out the perfect warrior. “Excellent”, rejoiced the Philistines, “now you will get to know our Goliath”.

And in the opposite camp – embarrassment and confusion. There is a king, even a good king – Saul , the first king who created and produced many successful things. But now his actions and steps are heavier. His physical and mental health is not so well, and he already fears and suffers from a great many illnesses. In other words: He is not in very good shape.

The place of occurrence is the Ela valley: Early morning hour, images from the south arise and locate themselves on the mountain range that looks out to the valley. From the north, in somewhat different and lighter clothing, Saul and his officers and warriors rise and locate. And here it starts – Goliath descends, bold and grown, stands in the center of the valley and begins to curse the whole world. He insults Saul, as well as the soldiers, God, and everyone who is dear to the enemy. The day goes by, the swearing gets worse, and the fighting spirit in Israel become more and more silent. In this way the day goes by, and another day, and another day, and with each day that goes by, the frustration increases as well as Saul’s fear.

Only then he arrives – a redheaded young man, leaping between stones and people in order to bring things to eat for his three brothers, who serve as officers in Saul’s army. “So... what will be the end...?” he asks impatiently, “This is how you allow this giant to make fun of you? Of a whole nation? Enough already! I will teach him a lesson”. “What is all that noise there?” asks Saul. David is brought to Saul and he says: “Your highness, please let me, I know I will be able to hurt him. I am sure of it”. “Son”, answers Saul in a fatherly tone, “Stop, it is not for you, you are a shepherd while he is trained in war. Let it be”. “You will be surprised”, he answered instantly, “but in the pasture you learn a lot actually. Here, I once defeated a bear with my bare hands and with God’s help, and I have even defeated a lion”.

After a few more exchanges Saul was convinced. David removes the cumbersome suit of armor and descends the valley in confidence.

Are you familiar with that wonderful feeling, when it is clear to you that you are coming from a good place and you have succeeded? This is what happened to David – he bent down to pick

up five pebbles and continued toward the amused Goliath. “What am I, a dog, that you come to me like this with sticks and stones?” wondered Goliath in ridicule of the youth with the soft face and the deep gaze. “You come to me with a sword and a spear, and a javelin, and I come to you in the name of the Lord of Hosts, God of the wars of Israel that you have cursed”, answered him David. We will stop for a moment in order to understand where the youth’s, David’s, great confidence comes from. He is trained and experienced and therefore he believes in the act. The most useful tool for a shepherd is the slingshot – two long straps and a leather ellipse meant for making the rock fly. At least 10,000 rocks have been thrown by David, and from throw to throw he improves and becomes more and more precise, a master craftsman in the field. David practiced every day at directing the herd, making a hyena flee or simply for his enjoyment – and now the moment of truth has arrived.

Even in our day we are witness to many miracles that occur and happen to the nation that lives in Zion. Through many wars there is no explanation for how such a small, inferior power has

succeeded in winning intense battles and protecting its only home in the face of recurring aggression. Two factors decide the spirit of the warriors who believe in the righteousness of their way of protecting a lonely native country, the hand of God and his angels. There are many examples and stories on the subject. Search Google for “miracles in wars” and read there.

And here a surprising thing happens – David runs in the direction of the threatening Goliath (This is what lions do a second before they attack, this is also what they do in the best armies: you are in an encounter! Get down, cover up, and come on – attack!) And then, he throws a rock right between the eyes, in the forehead to be exact – a winning combination.

“David, king of Israel, alive, alive, and existing” (a traditional Jewish Hebrew song). Listen closely, you can still hear them sing. The nation was so happy they were out of their senses. Now everyone was sure. After 40 days of waiting and shame – there is proof, there is a god!

And Who Am I? And what is My Life?

How does this beautiful story relate to me? asks himself every intelligent person. You will be surprised to know to what extent David is already built in within you. Yes, you heard right. He exists in your DNA.

What is left now is for you to choose to be like David in the moment of truth – when somebody insults you, when the person in front of you is yelling, when another problem arises at work, at home, in your couple relationship, with the children... Now is the time to stop and ask yourselves: How would the royal person inside of me react? How do I, the strong, calm, and confident one, react? You already know the answer. It arises from within you. When it is good – you know it, and when you are about to do something not good to yourself and your surroundings, you feel that too. Right? Right! And so, at that critical moment all that you must do is simply to choose to avoid a confrontation, avoid negativity, or any other thing that might make the situation deteriorate. Take note of a fascinating fact: only in the Hebrew bible are our fathers and heroes mentioned according to their abundance of traits, good or bad. In

Christianity not one bad word is written about Jesus, and in Islam – Muhammad is an absolute righteous person. And so, why is it that in the holiest of books Abraham sells his wife as his sister, Jacob lies that he is the eldest, Moses argues, David sins in his desire and Elijah is angry? There is one explanation: Man is a pure divine creation. On one hand he is an angel with a mission, and on the other hand – he is a human being. The thing that will make you big like our heroes, is the ability to choose correctly at the moment of truth. We all were born in His image. The important question is – will we be able to adhere to the good so that others will see and fear?

✓ **Leadership**

This is not such a big and faraway word. Its main idea is how you first of all behave toward yourselves and your surroundings, friends, family, and at work. Are you strong enough to choose to conduct yourselves out of courtesy and respect even when it is hard? Do you give everything you can from yourself and even more when it is needed? Is the task of helping, listening, and being a human being right in front of your eyes? When, in your own

personal grocery store, the little things exist, they will grow to be big. Just like a ripple on the water. Be god to those who are close to you. In this way you will begin to create circles that influence.

*It is not easy to practice choosing correctly, but it is very rewarding.

✓ **Practically Speaking, What have we Learned to Implement Starting Now?**

- ✓ Perseverance and practice provide faith and self-confidence. In this way children begin to walk, and take a look at where they have reached.
- ✓ Approach a problem in a rational, calm, and realistic way. Assess the situation and the mode of action.
- ✓ Nobility is obligating – even if you are afraid and tense inside of you, what you display outwards is important.

- ✓ When you enter something in a good way, you will come out excelling – when the motive is moral and ethical, success and privileges will come.

This and more:

Ella Valley is a wonderful place. I recommend going up to Azaka hill, sitting in the shade of the tree and gazing down at the beautiful valley. You can see in your imagination how everything started down there, in the valley.

A small trip around the hill will provide you with beautiful observation points over the whole plain area and will also reveal caves from the days of Bar-Cochva, a representative of a different leadership that we will discuss in the next chapter.

✓ **An Additional Example from Nature**

The preying cheetah, the best and fastest runner in the world provides us with an excellent example of self-esteem that is taken from nature. God created an amazing and noble animal, thin, light,

smart, and fast, that is built for success. Thanks to its special features, the cheetah is able to reach speeds of more than 100 kilometers an hour and catch the fastest gazelles.

But even the cheetah has limitations, and achievements are not easy for it. It is well aware of its limitations, and acts to intensify its abilities within the framework of the limitation.

In this way, for example, it will not be able to exceed more than 400 meters in its top speed, because it would then be at risk of heat stroke, of raising its body temperature to a dangerous degree that might cause death. Therefore it must plan out its steps carefully at the time of ambush, of sneaking in, and at the time of running while focused on a goal. Every stage leads to the next one that leads to the high retribution: another day of life for the cheetah and its children.

It is wonderful in my eyes that it is even able to avoid confrontation with a fox, which does not exceed even half of the cheetah's size. In her senses it knows that it will be able to hunt other prey, and so it will not fight when it is not needed, because if it

absorbs one more injury, even if it is a scratch or small wound, it will lose its speed and ability to focus and will fail in its next hunting attempts. And because it is so delicate, a few days of failure will lead to its loss. The cheetah is not willing to take this chance upon itself.

The cheetah is confident in its ability and so avoids unnecessary confrontations and preserves her strength.

And what about you?

Exercises for Improving Self-esteem

Love list:

Write down on a piece of paper the things you like about yourselves.

Write down, what are the qualities and good abilities that are within you? This is not the time to be embarrassed. Quite the opposite. Give yourselves real compliments in a manner that no one else will. Write down the places in which you would like to go to and the phrase: "I am a special and wonderful person who acknowledges everything I have in my life and I happily await and

expect many more good things to come to me". Here it is useful to add the desires you aspire to and invite them with confidence and love out of real faith in your deserving to receive all the good in the world.

Every morning, and when you feel difficulty, read the list that reminds you of your true self, the basic and strong self that is within you. Put a smile on your lips and you will earn many times over.

A Personal Meeting

When was the last time you gazed at your image in the mirror? Not a fleeting glance of "how do I look", but rather a real meeting into the eyes. This is an exercise that provides intense power:

Gaze for a few minutes into your eyes, face, and image. Search for the deep soul that is hidden within you. The exercise might begin with a sense of light embarrassment and this is excellent, because it is also wonderful to see yourselves smiling. The more you persevere and focus on yourselves while paying attention

to the voices that come from within you, removing the negative thoughts and nurturing the positive ones – in this way you will discover a whole world and a rare and mighty person that exists within you. Now, after you have met, remember the unique soul that is within you and set it free in all of your actions.

It is recommended to meet several times a week for a few minutes while conversing with yourselves about your advantages, disadvantages, and desires. Let your thoughts run and receive the way to act, thanks to the simple question: “What do I want to do in order to receive...”

✓ **Being Happy Now**

Close your eyes and imagine how your life will look when you realize your heart’s wish. How will you conduct yourself? Where will you live? What will you wear? How will you speak? What kind of feeling will you walk around with? Go into the smallest of details.

There is great power in the process since thoughts create reality, and when the desired reality is so tangible and clear, it is easier to focus and act towards its achievement. Likewise, start to conduct yourself according to the way you see in your imagination. You are angels and princes walking around in the world. How would you operate with this recognition? The actual act of operating already affects you and those around you to accept you as you would like, and then things just happen.

An important comment: Most people will read, smile, and not practice. If you want to be a part of that lonely percentage of people who really succeed, then get out of your comfort zone, practice regularly, train and you will see that the change happens. Even Michael Jordan did not get accepted into his high school basketball team, and he still chose to practice and have quite a few successes.

He who perseveres wins.

Milestones:

- ✓ High self-esteem is the key to a person accepting themselves with love.
- ✓ A person without self-esteem will hurt himself and his surroundings with hesitation or aggression.
- ✓ “Do not be afraid Israel, for thou art a lion cub.”
- ✓ Even the courageous are sometimes afraid, the difference is that they are confident enough in themselves to overcome and fulfill.
- ✓ Faith in yourself creates good goals as well as ways to achieve them.
- ✓ When you feel confident, you feel peace, health, happiness, success, and much profusion.

BestWay Model