

BASIC PERSONAL POISE INTEGRATORS

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1. Resolving to Gain Poise

It takes a strong resolve- and conscientious follow through. The following two poise integrators- Poise Integrators 1 and 2-strongly show this.

POISE INTEGRATOR 1:

‘Failure will never overtake you if your determination to succeed is strong enough.’
-Og Mandino

If you desire to overcome shyness and gain poise badly, you’ll determine to do what is required to achieve that goal.

POISE INTEGRATOR 2:

‘For anything worth having one must pay the price; and the price is always work, patience, love, self-sacrifice.’
– John Burroughs

You must be willing to do the work – pay the price

2. Accepting Your Uniqueness

Being somebody else or craving somebody else’s talents is characteristic of many shy people. A key route to gaining poise is learning to be yourself.

POISE INTEGRATOR 3:

‘What is a man’s first duty? The answer’s brief: To be himself.’ – Henrick Ibsen

Yes, you should resolve to be yourself.

3. Being Positive About Yourself

Positive attitude and thought process are essential to gaining poise.

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POISE INTEGRATOR 4:

‘Practice uplifting self-praise. Don’t practice belittling self punishment.’ –Dr. David Schwartz

Your duty is to accept and work on this.

3. Gaining Mastery of Your Life

Living your life based on your convictions and strengths is the heart of self-fulfillment.

POISE INTEGRATOR 5:

‘So long as I am acting from duty and conviction, I am indifferent to taunts and jeers.’ – Winston Churchill

Doing what Sir Churchill said requires first that you have proved, and are sold, on your convictions.

You can be well-poised!

Rehearse, practice, and use these fundamental poise integrators until the habits they teach become your habits.

For systematic, sustainable healthy self-esteem and personal poise building in six months, get [Better Poise Builder pack](#).

Pay it Forward

If this note has helped you, do your friends and acquaintances a favour by telling them about [Personal Development Solutions](#). Simply refer them to (<http://www.betterpoise.com/personal-development-solutions.html>).

Personal growth and poise development and positioning is a lifelong enterprise. You’d find the personal growth insights and solutions in [BetterPoise.Com](#) (<http://www.betterpoise.com>), particularly helpful.

Sincerely,

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