



10 TIPS TO ENHANCE **SELF ESTEEM**

Easy Steps to Improve Self Esteem TODAY!



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10 EASY STEPS TO ENHANCE SELF ESTEEM

Self esteem is a state of mind -- it is the manner in which you feel and think about yourself. When you experience strong feelings of self esteem you have feelings of high regard, worthiness, and confidence toward yourself.

When you have high self esteem you feel good about yourself. You feel a sense of security and belonging. You are willing to take on reasonable risks to achieve success with your pursuits.

Feelings of low self-esteem can lead you to various problems. Low self-esteem can negatively impact your career, your relationships, and your personal life.

Low self-esteem can easily be transformed into depression. Depression can further impact your mental, physical, emotional and social disposition.

Respected psychotherapist, Dr. Nathaniel Branden, defines self-esteem as the "disposition to experience oneself as being competent enough to be able to keep up with the challenges in one's life." The concept of self-esteem is basically all about how you view yourself and your place in life itself. Self-esteem is the overall view of yourself based on reality.

Having a healthy self-esteem is important. It gives you a positive outlook on life.

A positive mental outlook is reflected in your job performance, in the way you conduct your relationships and the satisfaction you derive from them. Basically, a positive outlook on life is reflected in everything that you do.

On the following pages, you will find 10 Easy Steps to help **YOU** boost your Self Esteem:

1) Accept Yourself

It is important to remember everyone is unique. There is beauty to be found in every human being. Whether or not you are the best at doing certain things, it is important that you are the best that you can be and that you do the best that you can.

Each person is special and unique. **You** are special and unique! That uniqueness may be seen in several dimensions of your life. You can celebrate all that you have and are. Even if you do not have something that you see another possess, it is important to appreciate yourself for being the person you are ... a person who experiences happiness in ways that are uniquely your own.

2) Self-Appreciation

Accepting yourself is different from appreciating yourself. Self-acceptance is a pre-requisite to self-appreciation. At the same time, self-appreciation is a state of mind, a way of behaving toward yourself. Appreciating yourself might be expressed constructively with the affirmation, "I appreciate myself as a living, loving, growing human!"

Appreciating yourself in a positive light is a definite self-esteem booster. For self-appreciation, you highlight the good things about yourself, reinforcing them, and encouraging yourself to advance in these areas.

3) Refrain from Comparing

Low self-esteem can be influenced by how you look at your surroundings – the people and places in your environment.

Everybody is different and you have qualities that no other person has.

A positive sense of self-worth can be built by focusing on positives about yourself, without comparing yourself to others. As a matter of fact, comparing yourself to others can lower self-esteem.

The prose poem “Desiderata” (Latin for “desired things”) addresses the dangers of making such comparisons. Written in 1927 by American Max Ehrmann, “Desiderata” remained largely unknown during its author’s lifetime. This poem wisely states, “If you compare yourself with others, you may become vain and bitter; for always there will be greater and lesser persons than yourself.”

4) Don't Put Yourself Down

Nobody is perfect. Making a mistake is definitely a normal part of life. More importantly, making mistakes only occur when you are in the mode of learning and growing. Since learning and growing are a requisite part of human development, it is beneficial to accept the existence of mistakes as part of the human condition.

People with low self-esteem tend to put themselves even lower by continuously and harshly putting themselves down. For those thus-afflicted, an inner voice can reverberate in their minds – a voice that puts them down, telling them that there is no hope.

If you find yourself in this mental state, it is important to exert control over that inner voice. After all, it is YOUR voice. You can proclaim positive about yourself and your life.

Cut yourself some slack! Remind yourself that you have done your best – if you had known how to do it better, you would have done so, wouldn't you? When you've done your best, that is the best that you can expect yourself to do!

5) Befriend Positive People

To be positive, it is important to surround yourself with positive influences. Having friends who are positive regarding their outlook can rub off on everyone around them.

Having acquaintances who are optimistic about the way they deal with life's challenges can have an effect on everyone around them. And, when you are one of those around them, it has a positive effect on you, too!

Being surrounded by positive people can influence you into seeing life in the same light. This is a powerful force in building your self-esteem, too.

6) Remind Yourself of the Positive Things about You

Again, there is beauty in everyone. This fact is true about you, too!

Since your feelings reflect that which you are thinking, it is important to keep your thoughts about yourself positive. By doing so, reinforce feeling positively about yourself and, thereby, strengthen your self-esteem.

One good technique for building self-esteem is as follows: Remember all the things that you like about yourself and the good things that you have done. Make a list of the most striking ones. This will help not only help you build self-esteem and self-appreciation, but it will also give you something about which to smile.

7) Use Tools

Using self-esteem books, CDs and other materials can also help you to build self-esteem. These materials can provide informative methods for building low self-esteem into high self-esteem.

Of course, just purchasing the materials is NOT enough. It is important that you are diligent in creating a routine for implementing these lessons into your daily life.

8) Engage in Having Fun

Having fun serves a multi-purpose function. It can serve to release stress.

Having fun also eliminates negative thinking. It kicks out negative ideas and creates mental space for positive thoughts to occupy. Having fun is a positive way to feel happy about yourself!

9) Hang out with Friends

Having fun can, certainly, be done in private. In addition, consider incorporating having fun with friends.

Friends are an essential part of your primary support group. They can provide much needed conversations for a quick pick-me-up ... or for embarking on a positive viewpoint.

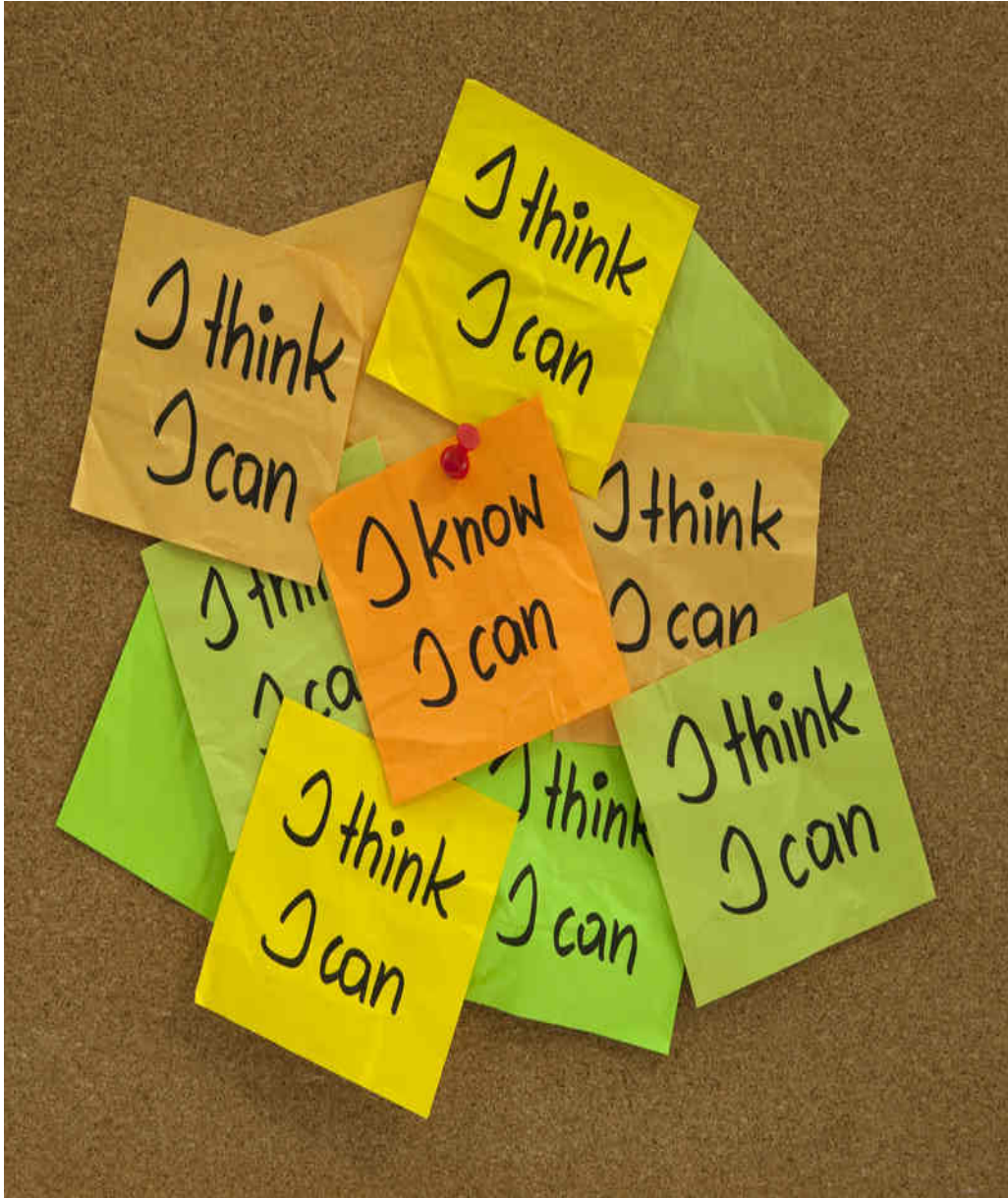
10) Seek Help

When all else fail, seek professional help from a psychologist, a psychotherapist, or a hypnotherapist. This is part of essential self-care.

You – and you alone – have been entrusted with the sacred task of taking good care of you. It is a privilege that you have been given.

Since this is the case, when you don't look out for you – and seek the assistance that you need – there is no one else standing in line to step in and take care of you for you. Getting low self-esteem turned into strong self-esteem is important because, left untreated, it can lead to more serious problems.

Here is the **Good News**: Low self-esteem can be relieved with the right tools and the right attitude. Loving yourself is the ultimate path to a healthier – and a better – you!



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