



# A Positive Approach to Building Self-Esteem

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## Don't compare yourself with other people

You are unique in your own special way. There will always be some people who have more than you and some who have less. If you play the comparison game, you'll always find people you can't compete with.

## Never put yourself down

You can't develop high self-esteem if you repeat negative phrases about yourself and your abilities. Whether speaking about your appearances, your career, your relationships, your financial situation, or any other aspects of your life, avoid self-deprecating comments.

## Avoid negativity

This means negative people, television shows, books, etc. Surround yourself with positive supportive people. When you are surrounded by negative people who constantly put you and your ideas down, your self-esteem is lowered. On the other hand, when you are accepted and encouraged, you feel better about yourself in the best possible environment to raise your self-esteem.

## Remember your past successes

This doesn't necessarily have to be monumental accomplishments. It can include your "minor accomplishments" like learning to play an instrument, ride a bike or learning to swim, graduating from high school, receiving an award or promotion, reaching a business goal, etc. Go over these things often. While reviewing them, close your eyes and recreate the feelings of satisfaction and joy you experienced when you first attained each success.

## Make a list of your positive qualities

Are you honest? Unselfish? Helpful? Creative? On time? Do you have good manners? Be generous with yourself and write down at least 10 positive qualities. It's important to review this list often. Most people dwell on their inadequacies and then wonder why their life isn't working out. Focus on your positive traits and you'll stand a much better chance of achieving your goals.

## Accept all compliments with "thank you"

Have you ever received a compliment and replied, "Oh, it was nothing"? When you reject a compliment, the message you give yourself is that you are not worthy of praise. You are! Respond to all compliments with a simple "Thank you."

## Give more of yourself to those around you

When you do things for others, you are making a positive contribution and you begin to feel more valuable, which, in turn, lifts your spirits and raises your self-esteem. Being more tolerant of others, makes them more tolerant of you. Humor and cheerfulness will go a long way.

## Get involved in work and activities you love

It's hard to feel good about yourself if your days are spent in work you don't like. Self-esteem flourishes when you are engaged in work and activities that you enjoy and make you feel valuable. Even if you can't explore alternative career options right away, you can still devote leisure time to hobbies and activities which you find stimulating and enjoyable.

## Be true to yourself

Live your own life - not the life others have decided is best for you. You'll never gain your own respect and feel good about yourself if you aren't leading the life you want to live. If you're making decisions based on getting approval from relatives or friends, you aren't being true to yourself and your self-esteem is lowered.

## Take action!

You won't develop high self-esteem if you sit on the sidelines and back away from challenges. When you take action - regardless of the ensuing result - you feel better about yourself. When you fail to move forward because of fear and anxiety, you'll be frustrated and unhappy - and you will undoubtedly deal a damaging blow to your self-esteem. No one climbs a mountain in a single leap. Take one small step after the other to achieve your goals. Make a start!

"Feeling grateful or appreciative of someone or something in your life attracts more of the things that you appreciate and value into your life." *Christiane Northrup*