

# Building Healthy Self-Esteem



“No one can make  
you feel inferior  
without your  
permission.”

~ *Eleanor Roosevelt*



# Building Self-Esteem

Self-esteem is how you feel about yourself, how confident you are, how much you can accomplish.



It reflects whether a person loves, accepts, and believes in who they are.



- But, for some of us, it can go up and down.



One day you might feel really on top of everything, great about yourself, unafraid to try anything.



And the next day,  
you're may feel  
completely at the  
bottom, unsure of  
yourself, afraid to  
say or do  
anything.



- Building up your self-esteem is a process - not something you develop overnight.
- It is not easy, but every single person has the ability to improve their self-esteem.
- The question is, are **you** ready to start increasing your self-esteem?



# TIPS FOR BUILDING HEALTHY SELF-ESTEEM

# 1. Stop comparing yourself with other people.

- People tend to increase or reduce their self-worth by comparing themselves (either positively or negatively) with others.
- If you play the comparison game, you'll run into problems.
- There will always be some people who have more than you and some who have less.
- So stop comparing!

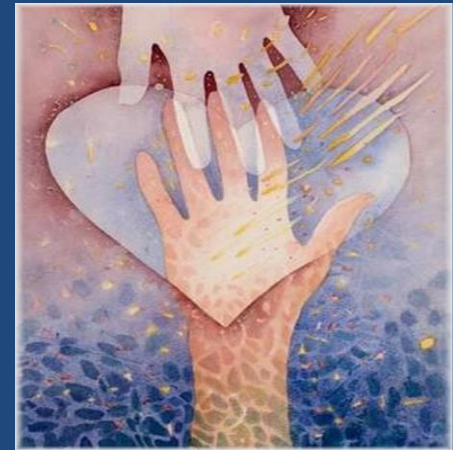


## 2. Stop the critic inside of you.

- Some people have a bad habit of putting themselves down.
- They often say negative things to themselves like, “I’m always late. Why am I such a flake?” or “There you go again, stupid!”
- So start a new habit of catching yourself saying critical things about yourself - Learn to silence your inner critic.
- And if negative self-talk is unavoidable, at least tone down the level of your criticism.

## 3. Forgive and forget.

- Don't waste time and energy thinking of past hurts.
- Your time can be more wisely spent on other things instead of forlorn thoughts.
- People make mistakes – We “slip up” even when trying our best
- Sometimes you just have to apologize, forgive yourself, or let it go, and move on.



## 4. Spend time with positive, supportive people.

- The “real you” is a wonderful, unique being with huge potential and ability to experience love.
- If you are around enthusiastic people, you will “catch” some of their positive attitude and energy. You may see the world as a brighter place.
- Negative thinkers tend to “zap” your energy. When they put you and your ideas down, your self-esteem is lowered.

## 5. Get involved in work and activities you love.

- It's hard to feel good about yourself if your days are spent doing work you hate.
- Self-esteem grows when you are doing work and activities you enjoy - They can make you feel more valuable.
- Even if don't make changes in your career, you can still devote some of your leisure time to enjoyable hobbies or activities.

## 6. Be true to yourself.

- Live your own life – do not let someone else decide what is best for you.
- If you aren't leading the life you want to lead, you won't gain your own respect or feel good about yourself.
- Don't make decisions based only on getting approval from friends and family - If you aren't being true to yourself, your self-esteem is lowered.



## 7. Talk positively to yourself and others.

- Words carry enough power that they can hurt other people or yourself.
- Words also have enough power to give warmth and comfort.
- So be conscious of your choice of words.
- Choose affirmative (positive) words when speaking with someone.

**Be polite and respectful**

## 8. Quit blaming yourself for past mistakes.

- There are many things in our lives that we have little or no control of, but people with low self-esteem tend to give themselves the full blame anything negative things that happen.
- Instead, learn to honor your efforts and give yourself credit for things that you have done well.
- Avoid self-blame so you can stay off the “emotional rollercoaster” of your self-esteem going wildly up and down.

## 9. Make a long list of your personal breakthroughs.

- Make a list of times when you did something that you never thought you could do.
- These successes can give you real pride, so you should read the list often.
- While reading it, close your eyes and think of the feelings of satisfaction and joy you experienced when you first achieved each success.

Proud  
2 Be  
Me!

## 10. Make a list of your positive qualities.

- You have unique abilities and talents.
- Are you honest? Unselfish? Helpful? Sensitive? Caring? Creative?
- Be generous with yourself as you think about your positive qualities.
- Write at least 10 - Look at the list often.
- Most people dwell on their weaknesses and then wonder why their life isn't working out.
- Focus on your strengths – You'll have a much better chance of achieving success.

## 11. Figure out the hidden strengths in your so-called weaknesses.

- You can't develop high self-esteem by repeating negative comments about your skills and abilities.
- Remember, there is a positive in every negative if you look hard enough.
- For instance, if you think of yourself as stubborn, the flipside is that you're also persistent and dependable. By calling it "self-determined", it's a positive quality.

## 12. Rediscover and reaffirm your personal strengths.

- Sometimes you have to take a new look at what you like about yourself. See the beauty in your smile, hair, body, health, personality, and character strengths.
- Don't sell yourself short.
- It isn't wrong or self-centered to praise ourselves.



## 13. “Get Over It”.

- Sometimes the real problem isn't low self-esteem at all but a tendency toward over thinking or second guessing yourself.
- When you get that feeling, focus on other things and “ignore yourself”.
- Ease up on yourself and try to laugh about it if you can. Give it a rest.
- You can't expect to be perfect – No other human being is perfect, either!

## 14. Examine your needs.

- Some of us need more praise from others than other people do.
- Some people need to always be achieving something, or they feel let down.
- In other words, you may be OK, but just in a slower activity period.
- Think about what you need to do so you don't feel as bad – Try to fulfill your unique needs.
- Or relax, and take it easy, knowing that you deserve to take a break!



## 15. Accept all compliments with “Thank You.”

- Don't dismiss or ignore compliments.
- When you do, you give yourself the message that you don't deserve them, or are not worthy of praise.
- Ignoring compliments is a sign of low self-esteem.
- Respond to compliments with a smile and a simple “Thank You”.



## 16. Start giving more.

- Give more of yourself to those around you.
- Because when you do things for someone else, you are making a positive contribution - You begin to feel more valuable.
- Giving can lift your spirits and raise your own self-esteem.
- So next time you see a downcast or sad person, help him up from “the rut”.
- Share the warmth of your helping hand and watch the glow in his eyes.

## 17. Be your own cheerleader.

- The energy and zeal of a cheerleader can help make emotional changes that are needed to raise your self-esteem.
- Take a few minutes to congratulate yourself before jumping right into the next task.
- Don't act as if nothing happened, or dismiss it as meaningless. It does mean something.
- Being your own cheerleader isn't silly, it's smart.

## 18. Start small and do a task you can accomplish easily.

- There's no faster way to build self-esteem than to add yet another accomplishment to your list.
- Use a to-do list - It feels really good to get something crossed off the list.
- Your achievements don't have to be of large. You can still succeed by taking "baby steps".



## 19. Examine the pattern of highs and lows.

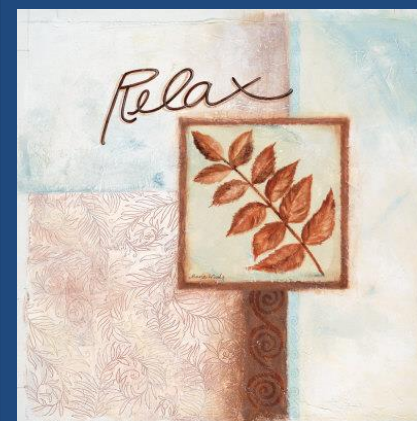
- Do you feel “starved for praise” if it’s been too long since you got a compliment or were noticed for something good you did?
- Do you started a downward spiral toward low self-esteem when you say something you regret?
- Because self-esteem is created in your brain, you have some control. Be aware of your patterns so you’ll know what to do.

## 20. Get some exercise.

- Exercise can decrease 'stress hormones' and give your mood a natural boost.
- Vary your exercise routine and try different things.
- If you don't exercise, go for a walk.



- A change of scenery will do you good, and can help change your outlook
- You may see yourself in a better light, or see things from other viewpoints.
- Physical activity can take your mind off of your problems and either focus it on the activity at hand or get you more relaxed.



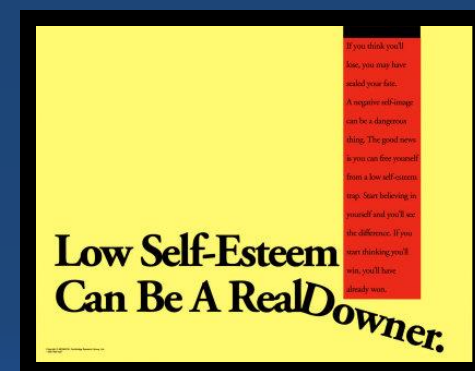
## **21. Learn more about self-esteem with workshops, books, tapes or online programs.**

- Whatever thoughts we focus on will sooner or later affect our behavior.
- For example, if you watch many negative television programs or read newspaper reports of murders and business “rip offs”, you will probably feel distrustful and gloomy.
- But if you read books or listen to programs that are positive, you tend to have more positive feelings and behaviors.



## 22. Take action!

- The universe rewards action!
- When you take action – no matter what the result is – you feel better about yourself because you tried.
- When you don't move forward because of fear and anxiety, you'll be frustrated and unhappy – your self-esteem will go down.



- As you boost self-esteem, the “real you” comes out.
- You begin to taking more risks and are not afraid of failure.
- You are less concerned with getting approval from others.
- Your relationships are more rewarding.
- Your activities bring you more pleasure.
- You make positive contributions to the world.

- Most importantly, higher self esteem will bring you more peace of mind.
- Next time you're all alone, you'll truly appreciate the person you're with – **YOURSELF.**



# References

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<http://www.google.com/imghp?hl=en&tab=wi>

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