

SUCCESSFUL SELF ESTEEM

Self Esteem. Some would say it is developed and nurtured in childhood. No one would argue that. But what to do if your growing years didn't have a solid base of support and unconditional love? Doomed to fail? Of course not.

There is much a person can do to improve their self esteem. One can write a list of all of their own good qualities, talents and abilities that make them special. What makes you stand out from others? Jot it down so if you have a low moment you can remind yourself who you really are.

There may always be people who put you down. Really, that is more of a reflection of them and not you. But if it affects you or makes you sad, remember your own nature. Your own great qualities.



- I Am...**
- SMART
 - ADVENTUROUS
 - SENSITIVE
 - ORGANIZED
 - CREATIVE
 - RESPONSIBLE
 - LOYAL
 - TRUSTWORTHY
 - CONCERNED
 - SPONTANEOUS
 - FUNNY

Self-Esteem

Having low self esteem can stop us from doing the things we would want to do

Ways to increase your self esteem are

- Surround yourself with positive things & people
- Little compliments go a long way
- Being more educated on self esteem in school

- I have worked hard to have success with...*
- Losing Weight
 - Saving Money
 - Getting a Degree
 - Quitting Smoking
 - Meeting People
 - Helping Others
 - A New Career/Position
 - Knowing Myself

Then you may also compile a list of all of your accomplishments and write these down. From the smallest to the largest one, these are all actions that prove who you are to the world and things you can be proud of.

If you cannot get started, just write one thing down. It can be on a scrap paper. Once you get started, it is very likely you will be able to think of many more. It may even be an exciting process to remember and discover just how special you are. And then write all of the people who appreciate you. Family, friends, co-workers, neighbors and even your pets!

By the end of these three exercises, if you do them, you will have a whole new sense of who you are and a refreshing perspective on your self, your loved ones and the world.

Good luck. Do it now! :)



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