

Ten Ways you can kickstart and begin improving Self Esteem!

If you're tired of feeling "less than", afraid of making and achieving your desires and goals, feel that no matter what you do it is never "good enough", then your self esteem could do with a boost!

Having low self esteem takes an enormous toll on the quality of your life. You take fewer risks, which limits your opportunities, both personally and professionally. You are reluctant to voice or acknowledge your needs. You are probably also haunted by past mistakes and making future ones.

It doesn't have to be like this, the tools you've used to (unconsciously) lower your self esteem are the same ones you use to raise it. The following article gives you ten tips on improving your self esteem and improve the quality of your life!

1. Stop comparing yourself to other people. If you play this game, you're likely to compare yourself in a negative way and set yourself up for continuing to have low self esteem. Why continue to play a game where you've set the rules against yourself, so that you're less likely to win!
2. Don't keep putting yourself down! You can't develop high self esteem if you constantly repeat negative comments about your skills and abilities. Other people will pick up on it and take on board the negative way you view yourself. How are they likely to treat you? Also don't beat yourself up over "mistakes" that you've made - learn how to reframe them so that they work for you.
3. Using affirmations is an excellent way to raise your self esteem. It's the opposite of no 1. If you can programme your mind to repeat negative phrases about yourself (and see how effective that's been!), then you can certainly get into the habit of continually thinking (and saying to yourself) positive statements about you. When you do, allow yourself to experience the positive feelings about your statements. Also use inspirational quotes to assist you.
4. Accept all compliments graciously. Don't dismiss or ignore them. When you do you give yourself the message that you do not deserve or are not worthy of praise, which reflects low self esteem. It also means that others will become more reluctant to praise or acknowledge your abilities, if you don't.
5. Take advantage of and use life coaching programmes, workshops, and develop a more positive attitude. Whatever material you see, read acts as subliminal learning, which means that it will plant itself in your mind and dominate your behaviour. Talk about food for thought - what diet is your mind on? Is it a nourishing one?
6. Mix with positive and supportive people. Who you associate with influences your thoughts, actions and behaviour - another form of subliminal learning. Negative people can put you and your ideas down and it lowers your self esteem. On the other hand, when you are surrounded by supportive people, you feel better about yourself, which helps you in improving self esteem. Learn how to develop your positive personal support network.
7. Acknowledge your positive qualities and skills. Too many people with low self esteem constantly put themselves down (back to no 1 again!) and don't appreciate their many positive attributes. Learn how to truly affirm and value your many excellent qualities. If you find this difficult, ask others to tell you. They'll come up with things you would never have imagined!

8. Stop putting up with stuff! Not voicing or acknowledging your needs means that you are probably tolerating more than you should. Find out what you're putting up with and zap those tolerations. By doing so, you're giving yourself the message that you're worth it.

9. Make positive contributions to others. This doesn't mean that you constantly do for others what they could be doing for themselves. But when you do make a positive contribution to others, you begin to feel more valuable, which increases your sense of your own value and raises your self esteem.

10. Involve yourself in work and activities that you love. So many people with low self esteem stop doing those activities that they most enjoy. Even if you're not in a position to make immediate changes in your career, you can still devote some of your leisure time to enjoyable hobbies and activities.

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Start taking action! The universe rewards action. Backing away and avoiding challenges means that your self esteem muscles become weak and flabby. When you start to take action -regardless of the outcome - you will start to feel better about yourself, develop your self confidence and you will start on the road to improving self esteem.