

# Low Self♥Esteem Solutions



Susyn Reeve & Joan Breiner

[Self-Esteem-Experts.com](http://Self-Esteem-Experts.com)

941-227-1976

# Self-Esteem-Experts

- ▶ Providing support for Healthy Self-Esteem
- ▶ Encouraging your greatness
- ▶ Presenting expert information
- ▶ Offering proven exercises and techniques for change

# Agenda

- ▶ Getting Connected – a Centering Exercise
- ▶ What is Healthy Self-Esteem?
- ▶ Transforming Low Self-Esteem
- ▶ Creating a Vision of Your Future

# Your Goal

- ▶ What is your goal?
  - How do you want to be feeling by the end of this call?
  - What do you want to be thinking by the end of this call?

# What is Self Esteem?

**Self Esteem** is: What you think and how you feel about yourself.

Everyone has self esteem.

# Healthy Self Esteem

## Healthy Self Esteem is:

- Meeting life's challenges
  - Approaching problems with confidence
  - Asking for and allowing help and support
- Making conscious choices to support what YOU want
  - Nurturing a loving relationship with yourself
  - Taking responsibility for your thoughts, feelings words and actions
  - Thinking and acting independently
  - Creating a Vision & Focusing on accomplishing specific goals
- Relating well with others
  - Accepting that all people operate based on their thoughts feeling and beliefs
  - Not taking things personally
  - Being loving, compassionate, kind and forgiving
- Contributing to society
  - Making a difference and helping others
  - Focusing on the common good for all



*Notes to Myself:*

# How is Healthy Self Esteem Developed?

## ▶ Retraining Your Brain:

- to acknowledge and support your strengths
- take responsibility for your life through your words, thoughts and actions
- Read about [How the Brain Works](#)

## ▶ Learning to Love Yourself:

- **Awareness** – waking up to your thoughts, feelings and behaviors.
- **Choice** – consciously choosing the thoughts you think and the dreams and goals you desire.
- **Change** – altering your thoughts, feeling and actions and acknowledging your progress each step of the way.

# Building Healthy Self Esteem

## Awareness, Choice, Change Model

### ○ Awareness

- Of your thoughts and feelings
  - What do you believe?
  - What feelings do your beliefs reinforce
- Of your goals, dreams and desired results
  - Do your thoughts, words and actions support your goals?

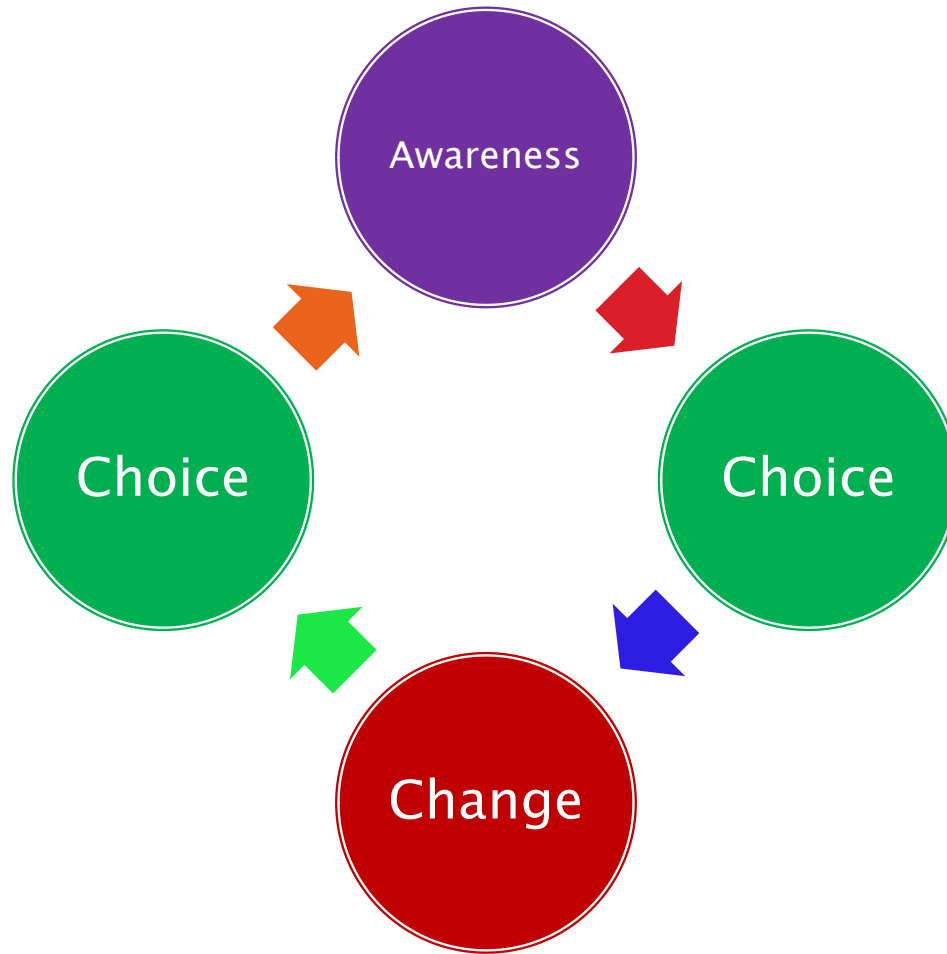
### ○ CHOICE

- Accepting responsibility
- Being empowered by making conscious decisions
- Understanding and using the creative power available in the present moment to choose, and choose again

### ○ Change (New Behaviors)

- Replacing old patterns with new ones – in your thoughts, words and actions
- Acknowledging your accomplishments throughout the process

# Awareness Choice Change Cycle





*Notes to Myself:*

# Behavior Change

## Consistent, Continual, Practice

### **Awareness**

- waking up to your thoughts, feelings, words and behaviors

### **Choice**

- consciously choosing the thoughts you think

### **Change**

- altering your thoughts, feelings, words and actions

# Techniques for Feeling Good

- ▶ **Visualization** – using the full resources of your imagination to create a scene and the inner experience of your goal fully accomplished
- ▶ **Meditation** – a practice to quiet your mind and direct your focus.
- ▶ **Acknowledge Your Accomplishments** – practice in seeing yourself as someone who achieves results and to strengthen the *Yes, I Can!* [brain pathway](#).
- ▶ For additional exercises & techniques, go to: [Self-Esteem-Experts.com](#)



*Notes to Myself:*

# My Vision of My Future

Describe your vision of your future that reflects your Healthy Self-Esteem.

Focus on:

- Your relationship with yourself
- Health – body mind spirit
- Family and friends
- Work

# My Vision of My Future

- Finances
- Fun
- Thoughts
- Feelings
- Actions

# Sample Vision of My Future

I love myself. I take care of my body, eat healthy food and exercise regularly. I am calm. I sleep well. I am focused in the present moment. I am comfortable in jeans as well as dressing up. I meditate on a daily basis for 20 minutes. I read books that help me explore who I am. I have a great relationship with myself, my mom and my husband. We laugh a lot. I have friends who love me and enjoy being with me. I speak up for myself confidently and I listen to others without judgment – accepting that what they say is true for them. I acknowledge my feelings and am truthful with myself. I consciously make the choice to see the gifts in all situations. I handle stress well and have faith in a satisfying future. I am a positive thinker. I am pleased that the work I do as a coach is helpful to my clients and satisfying for me. I am financially secure and generously share my gifts, talents and skills.

## Remember:

- Use the Present Tense
- Focus on what you do want – not what you don't want
- Dream Big – this is not about how you will accomplish your vision it is a statement of your Vision, your hearts' desire.



*Notes to Myself:*

# Why Do Support Groups Work?

- ▶ Feeling Connected – not alone or isolated, sharing problems
- ▶ There is Hope – success stories, worst of times are springboards for new opportunities
- ▶ Gain Insights (New Thoughts ⇒ New Feelings ⇒ New Behaviors)
- ▶ Reinforces Consistent, Regular Practice to Produce Change

# Join Our Holiday Support Groups

If you are going through a tough time right now and wishing you could feel better join our Holiday Season Teleclass Support Groups.

**Dates:** Tuesday – December 22 & 29, 2009  
Join us for one or both

**Time:** 8:00 PM to 9:30 PM Eastern Time  
5:00 PM to 6:30 PM Pacific Time

**Cost** – \$10.00 a session

**[Register Now](#)** & Receive a Special Report:  
*The Secrets of Behavior Change*  
(**<http://bit.ly/54WiXn>**)

# Website Resources

- ▶ Self-Esteem-Experts ([www.Self-Esteem-Experts.com](http://www.Self-Esteem-Experts.com))
- ▶ How the Brain Works & Brain Pathways (<http://bit.ly/JxIHl>)
- ▶ Awareness ⇒ Choice ⇒ Change Model (<http://bit.ly/5gdzXt>)
- ▶ Vision Board Software (<http://www.visualizeyourgoals.com/cgi-bin/t.cgi?a=481310>)
- ▶ Meditation (<http://bit.ly/7YW7Yq>)
- ▶ Holiday Support Groups (<http://bit.ly/54WiXn>)
- ▶ Articles on Self-Esteem (<http://bit.ly/7J98fr>)
- ▶ [Choose Peace & Happiness](#) by Susyn Reeve  
(<http://amazon.com/exec/obidos/ASIN/1590030591/susynreeve-20>)

# Contact Us:

- ▶ Email: [support@SelfEsteemExperts.com](mailto:support@SelfEsteemExperts.com)