



How to Build Your Self Esteem



In A Weekend!

www.SelfEsteemExperts.com

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To boost your self esteem you must commit to consistent regular practice.

Self Esteem is based on what you think and how you feel about yourself. It is formed early in life by the messages you internalize from the significant people in your life. Because you believe these messages at a very young age you often are not aware that this programming can be changed. You think, *'This is just the way I am.'*

To boost your self esteem requires a commitment:

- to wake up to the beliefs and thoughts that reinforce your experience of *I'm not enough* (not worthy enough, not lovable enough, not smart enough, not young enough, not pretty enough, not rich enough, not thin enough, not successful enough, and the list goes on)
- to focus on thoughts that support vibrant healthy self esteem (I'm worthy, I deserve to be happy, I am successful, I am a mighty expression of love in the world, I am supported, I am confident, I use breakdowns as stepping stones to breakthroughs, and this list goes on and on).

In our personal lives and our decades of work with tens of thousands of clients we have learned how to instantly boost self esteem and we are excited to share our **7 Tips to Instantly Boost Self Esteem** with you.

Some reminders to keep in mind before you put our tips into action:

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- While we know that these tips offer you the opportunity to instantly boost your self esteem - in order to maintain good feeling feelings about yourself you must commit to a regular practice of thinking the thoughts, saying the words, and taking the actions that support your *I'm enough-ness*. Think of your self esteem as a muscle - the more you exercise your healthy self esteem muscle, through your thoughts, feelings, words and actions the stronger your vibrant self esteem is!
- When you commit to boosting your self esteem, it is normal to continue to experience your *I'm not enough* thoughts and feelings. Rather than thinking that this means that you will never be able to boost your self esteem, keep in mind that your low self esteem programming is coming to the light of your conscious awareness so you can create new [brain pathways](#) that reflect healthy self esteem. So, as soon as you notice that you are being judgmental and critical about yourself - acknowledge yourself for noticing and focus on a new thought that supports your personal empowerment.

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7 TIPS TO INSTANTLY BOOST YOUR SELF ESTEEM

1. **EXPRESS YOUR GRATITUDE** - gratitude is a potent antidote to low self esteem. When you are feeling grateful you cannot feel not-okay about yourself at the same time. You may be think that you don't have anything to be grateful for, and if this is the case, don't despair. The more you focus your attention on what you are grateful for the easier it becomes to live life as a thank-you. Start right now by committing to: **Make a Gratitude List for the next 30 days. Each day write down 5 things you are grateful for. Of the 5 items include one that you have never before expressed your gratitude for (your toe nails, light bulbs, dental floss, spoons, etc...).** Then have at least one of the items on your list be something you are grateful for about your self (your eyes, your hair, your sense of humor, your computer skills, etc...). This is an opportunity to engage your creative juices and play with the practice of gratitude.
2. **CREATE AN ACCOMPLISHMENT SYMBOL** - people with vibrant self esteem view themselves as people who accomplish things; just as people with low self esteem fail to acknowledge their accomplishments. **An Accomplishment Symbol is something you are already doing that you now consciously acknowledge as an accomplishment.** Since 1982 Susyn's Accomplishment Symbol has been brushing her teeth. *"In 1982 I made brushing my teeth my Accomplishment Symbol. Since that time there have been days when I have been seduced by I'm not enough thoughts. At these times brushing my teeth felt like a difficult chore. So I would drag myself into the bathroom, wet my toothbrush, not even add toothpaste and just manage to get the brush to my two front teeth. What I noticed is that since I associated brushing my teeth with an*

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accomplishment that this simple action would be a stepping stone to feeling better about myself." Choose your Accomplishment Symbol today, and whenever you do it give yourself a pat on the back and declare, *Good for me, I accomplish things!*

3. USE A PLEASURE LIST - a pleasure list is a list of the people, places, things, and activities that generate an experience of pleasure and happiness when you focus your attention on them. Your list may include: a favorite vacation spot, time with a friend, doing a special hobby, your favorite dessert, time with a pet, etc... Once you have written the list, post it in strategic spots where you can see it – the bathroom mirror, the refrigerator, and put a copy in your wallet or on the screen saver of your computer/tablet/smartphone. When you are challenged by *I'm not enough-ness* focus your attention on the items on your list. Once you are connected with good feeling feelings about yourself then you are ready to direct your attention to effectively moving through the challenge that is before you (see [Create a Pleasure List](#)).

4. USE YOUR FEELINGS AS YOUR GUIDE - since boosting your self esteem requires an upgrade of the software of your mind (consciously choosing thoughts that support your positive sense of self), it is necessary to be aware of the thoughts you think. Since we think between 8,000 - 60,000 thoughts a day, this is simply too many thoughts to keep track of. This is where your feelings are your personal guidance system. Thoughts generate feelings, whether or not you are conscious of your thoughts. As soon as you notice that you are feeling victimized by the circumstances of your life, that you are feeling angry, frustrated, alone, depressed, unhappy, hopeless or you are feeling knots in your stomach, sweaty palms, or you are yelling out

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of control use this model, when you calm down, to uncover your thoughts:

When I am feeling ___ identify your feelings (the emotional name & the physical sensations you are experiencing) ___, I am believing ___ the thoughts you are thinking ___.

Now ask yourself if your thoughts are supporting healthy self esteem. If not, create a list of new thoughts that nourish good feeling feelings about yourself.

5. TRANSFORM NEGATIVE THOUGHTS - use the Oops Technique as soon as you notice that you are engaged in self sabotaging thoughts. As soon as you notice these *I'm not enough* thoughts or judgments, say with great authority, *Oops*, and then have a new thought. ([Click Here Now to learn more about the Oops Technique](#)).

6. START YOUR DAY WITH INSPIRING WORDS - each day is a new beginning and waking up to words of inspiration is a powerful way to feed your heart and mind as you begin your day. You may have a favorite book of daily messages or [sign up for our free Self Esteem Experts Daily Inspiration Messages](#).

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Here is a sample Daily Inspiration Message that you can use today:

Daily Inspiration: No Failures

There are no failures - just experiences and your reactions to them.
- Tom Krause

What is your reaction to things that don't seem to be working out? Remember, when you change your reaction - in thought and behavior - you change your experience.

Today's Power Statement: *I am empowered when I take responsibility for choosing my reactions to what I used to experience as failure.*

[Sign up for more Daily Inspirations Now](#)

7. HONOR YOUR BODY - with the thoughts you think, the feelings you feel, the food you eat and the exercise you do. Taking care of your body is a powerful reflection of your commitment to healthy self esteem. Eating nutritious meals, moving your body with an exercise walk, going to the gym, turning on some disco music and dancing in your living room or meditating to quiet your mind and body combined with feeding yourself empowered thoughts are a gift you give yourself each day. Start by using the [Meditation Resources on Self-Esteem-Experts.com](#).

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Susyn Reeve is the co-founder of www.Self-Esteem-Experts.com and an award winning author of *The Wholehearted Life: Big Changes and Greater Happiness Week by Week* and along with Joan *The Inspired Life: Unleashing Your Mind's Capacity for Joy*.

As a teen she wrote in her journal, What would the world be like if everyone loved themselves? This question has guided her work as an Organization Development Consultant (American Express, Exxon, New York University), Coach and InterFaith Minister. She has served as a Delegate to the United Nations Commission on the Status of Women. She is the co-host of the popular podcast, [Reinvention Success Stories](#).



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counseling and develops products and services that empower people and organizations. She believes everyone deserves to know that they are special.