

BUILDING SELF-ESTEEM

Self-esteem is the collection of beliefs or feelings that we have about ourselves, our “self-perceptions”. It is instilled in us during our youth. How we define ourselves influences our motivations, attitudes, and behaviors and affects our emotions. When your self-esteem is low, it may keep you from enjoying life, doing the things you want to do, and working toward personal goals. So improving your self-esteem increases your happiness and is a first step towards finding happiness and a better life. I compiled a list of things to do to build your self-esteem. We all have the right to feel good about ourselves.

1. We should all be aware of our self talk. Do you call yourself stupid when you don't do something right, "I'm so stupid". Start by "stopping" the negative talk about ourselves, and countering it with "positive" talk about you. Look at yourself in the mirror, repeat positive, or affirmation, statements about yourself.
2. Do not allow others to talk negatively about you. You don't have to listen to someone constantly put you down. You could politely let them know how that makes you feel, stand up for yourself!
3. Learn to say "No". Start putting your feelings, needs, and wants before others for once. You don't always have to try to please others. It is ok to care about other's needs, but you have to realize that your needs are important also.
4. Avoid negative people. Positive feeds positive and negative breeds negative.
5. Figure out who you are. Listen to your body, mind, and heart. Pay attention to your own needs and wants, do things that make you feel good. Learn as much as you can about yourself and why you think and feel the way you do.
6. Learn to appreciate yourself. Appreciate your qualities. Everyone has strengths, weaknesses, and habits. Spend more time focusing on the qualities about yourself that you like.
7. Invest your time in yourself. Take the time to invest in your personal development. Create a new hobby, take on a new challenge. Don't worry about being perfect, we all make mistakes.
8. Start and finish a project for you. The accomplishment of finishing something can do wonders for your self esteem, especially if it is something just for "you". Remember that no matter how small the accomplishment, it is a step in a positive direction. Small steps lead to more steps, every step counts.
9. Reward yourself when you succeed. When you accomplish something, always treat yourself to something wonderful. Give yourself and others positive rewards for being and doing well.
10. Face your fears, learn from our mistakes. The only way to achieve success is through failures. There is something to be learned from every situation that we go through. When we fail, we dust ourselves off and try again. We do not let our past failures stop us from our future success, but rather we learn from the mistakes that we made and keep pressing on.

We each deserve to have our dreams, and they can come true. We have to have the confidence, and belief in ourselves completely, in turn, others will also believe and trust in us. Success is birth through self-esteem. If you believe you can succeed, you will succeed.