

Enhance Your Self-Esteem

"We cannot complete ourselves by getting a 'missing piece' from someone else. We are not jigsaw puzzles that need to be put together by another person".

Teach Only Love, Gerald Jampolsky

Five Simple Things YOU can do to Enhance Your Self-Esteem

1. **Listen** to your self-talk; that tape running in your head. What messages are you feeding yourself? Are they positive or negative self-talk? If they are negative, what would you rather be hearing? Direct your energy to positive internal debriefs. Enumerate the successes you have had each day and the positive ways in which you have affected the lives of others. Feed these to yourself. If the negative self-talk continues, give this voice a personality and a name. When she starts nagging you, flick her off your left shoulder and replace her with your positive angel. Let her do the talking.
2. **Stop** being a self-bully; end the war you are having with you. You deserve better. Treat yourself with respect, kindness and high regard. Find one kind thing to do for yourself each day whether that is a hot bath, a sweet treat, or asking someone else to massage your feet. Make peace with yourself. You will be much more attractive.
3. **Start** seeing the goodness in your life. For example, if you want more love, identify where you already have LOVE and express gratitude for this. When you express gratitude it helps you to identify the positive energy in your life and attract more of what you seek to you.
4. **Learn** to accept compliments. Compliments are a great source of feedback and a statement of appreciation by others. Be gracious and allow their praise to wash over you and be absorbed by your spirit. Say "thank you for telling me". Give yourself a compliment through self-acknowledgement.
5. **Identify** the roots of your lack of self-worth - a childhood event, the circumstances in which you grew up, being overweight as a child, seeking perfection ... The more specific you can be, the more helpful it is. Now ask, how are these memories/experiences serving me now? What would it take for me to heal these "wounds"? The answer often lies in forgiveness of yourself or another. Write down what you want to let go of.