



Building Positive Self-Esteem

Self-Esteem is best described as having a positive and realistic view of yourself that helps you successfully meet challenges. Self-esteem is the combination of self-confidence and self-respect. It is the belief that you are capable of coping with life's challenges and are worthy of happiness.

People with high self-esteem:

- Have confidence in themselves
- Have the ability to solve problems rather than just worry about them
- Have the ability to confront or eliminate things that frighten them
- Have the ability to take reasonable risks
- Take care of and nurture themselves

Listed below are **13 Steps To Boost Your Self-Esteem:**

1. Identify areas in your life that are pulling you down. Brainstorm about what changes you can make. Choose the best or most important changes and develop a plan to follow through with them.
2. Search for activities that you really enjoy. Make arrangements to pursue those activities.
3. Search for activities that you do well. Experience the good feelings that flow from it. Be proud.
4. Increase positive stimuli. Identify people, places and things that bring about a boost in self-esteem and pleasure. Minimize people, places and things that are negative.
5. Identify areas in your life which you have lost control over. Start small – but continue to make your own decisions and gain independence and control.

6. Find role models that are self-confident and exhibit a high degree of self-esteem. Talk to them, follow their advice.
7. Be aware of your achievements – no matter how small – and praise yourself, reward yourself. Do not count on recognition from those around you to validate your achievements. Recognize them yourself.
8. Identify negative messages from those people you have close relationships with. Learn to downplay the impact of those messages.
9. Assess your health and appearance. Are you happy with the way you look and feel? If not, do something about it.
10. Treat other people with high self-esteem and respect. Using high self-esteem behavior sets the tone for mutual respectful relationships. Reacting to low self-esteem behavior from those around us brings everyone down.
11. Spend some time alone. Learn to enjoy just being with yourself. Involve yourself in fun activities.
12. Forgive yourself for making mistakes now and then.
13. Know yourself: develop a realistic picture of yourself. Combine all aspects of yourself: 1) the real self (facts); 2) the perceived self (who you think you are); 3) the ideal self (who you want to become).

It is important to remember that we are all capable of increasing our self-esteem, no matter how high or low we may feel on any given day. The good feelings we can generate about ourselves are limitless. Most important, these feelings are within our control, and are independent of how the rest of the world views us.