

5 Self Esteem Boosters

Self esteem booster 1

Welcome to the self esteem 'bite size' booster programme! This has been designed to help you work on your self esteem in baby steps in line with the time you have.

It takes approximately 21 days to make a habit.... and approximately 21 days to break a habit... So, if you're considering using this programme to change a habit, which includes the habitual way you think about yourself, then for best results use the techniques you like the most as often as possible.

I hope you will at least be able to pick up simple techniques such as affirmations (see below) and use these regularly on the days that you do not read a self esteem booster e-mail.

For best results it is advisable to commit to this programme for 21-30 days or until you see the changes you want! It's also essential that you have a **notebook/ file** to keep all your notes together for this programme.

What is self esteem? Here is just one definition, we may look at others at a later date!

SELF ESTEEM= Self-Confidence + Self-Respect

Nathaniel Branden, said something to the effect of this: self esteem is a sense that we have of ourselves, that we are adequate and believe in ourselves. When we lose either component of self-esteem (self-confidence or self-respect), we experience a lack of self-esteem.

Please rate the following on a scale from 0-10 (0 being you don't believe this statement at all; 10 being you completely believe it). Write the ratings down in your notebook/ file.

I like myself
I accept myself
I believe in myself
I feel confident
I respect myself

Today your task is to take the statement you least believe in and repeat this to yourself **10 times**. Try to do this at least twice per day whilst **imagining what you would see, hear and feel**, if this was 100% true. This should only take two minutes per day, at the most, for results that are very powerful.

If possible say the statement out loud and with conviction- doing this will lock it more firmly in your mind, thus boosting your self esteem. A good time to do this is in the car if you travel on your own. Providing your windows aren't down people will probably simply think you are singing along with the radio and you can completely let any inhibitions go!

Have fun!

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Self esteem booster 2

Self-esteem definition: self-esteem refers to how you view and think about yourself, and the value that you place on yourself as a person. It is a product of your outlook on the following:

Your value as a person
Your achievements
Your purpose in life
Your potential for success
Your social status
How you relate to others
The job you do
How you think others see you
Your place in the world
Your strengths and weaknesses
Your independence or ability to stand on your own feet

For the next few boosters you will be asked to write a list of POSITIVE points about you; write ONLY about your strengths. You may notice that the boosters draw upon some of the bulleted points above.

Start by completing the following statement:

I value myself as a person and my role(s) in life as a ... (sibling, daughter/ son, parent, etc)

After you've started completing this statement, by writing down your positive roles in life, it's important to expand on this. Don't worry if this turns into a long sentence! Here are some sentences that may help you do this:

...because I/ they, e.g. I take care of them by.....they think of me as (thoughtful, caring, fun, etc)....

I have a good/ great relationship with them because, e.g. what it is about you that makes that relationship good?

Booster 3

Next we will look at some of your achievements. Start by generating a list of your achievements; thinking about the following may help:

- times you've felt valued as a person
- your most significant purpose in life to date
- when you have been most successful
- times you have related well to other people
- jobs you've done in the past which you've enjoyed and why you enjoyed them
- the positive ways other people see you/ positive feedback you've had in the past
- strengths and weaknesses you've overcome
- your independence/ ability to stand on your own feet

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Booster 4

Today's booster is based on focusing in on a few of the most significant achievements you listed in booster 3. Highlight the ones you feel most proud of and those that left you feeling really good inside.

Now complete the following based on your most significant achievement...

Start by writing the achievement again, e.g. I achieved X then complete the following:

I am proud of this because... (describe why you are proud of your achievement and what this says about you)

If you have time use this technique to go through some of your other significant achievements.

Booster 5

We are now going to focus on the purpose of your life. This is because a purpose driven life usually results in higher self esteem. Self esteem often suffers in the absence of a goal, purpose or direction.

The more specific the purpose you have the better your self esteem is. However, some kind of purpose is better than no purpose at all. So even if you feel you lack direction lets start by focusing in on the purpose you do have. To do this complete the following sentence:

My current purpose in life is...

If you feel you lack direction you can include quite general things but the more specific you are the better. For example, you may write things related to your job or personal life, such as 'being a good and genuine person, being the best parent I can be, being a good friend, etc.'

A more specific example is...

I was born to build awesome custom bikes that win mountain bike and speed competitions. I will use my talent for design, prototyping and customizing to dream up, develop, test, refine, build and sell world class cycling equipment.

Here are some other Life Purpose Statements (source: <http://www.inventivelifepost50.com/scrap-the-search-for-life-purpose-your-fulfilling-life-is-found-in-possibilities-part-i-of-iv/>):

- My Purpose in Life Is ... I want to be a spokesman for wildlife issues and help people connect their daily actions to saving the wildlife on this planet.

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- I Was Born To ... build awesome custom bikes that win mountain bike and speed competitions. I will use my talent for design, prototyping and customizing. I will dream up, develop, test, refine, build and sell world class cycling equipment.
- My Purpose in Life Is ... To energize, connect and inspire purpose in others.
- My Purpose in Life Is ... To be a mom, to empower independence and confidence in others through being a positive, supportive role model. – SL
- My Life Purpose Is ... to live and mentor an authentic, adventurous, spiritual life, while being a catalyst for positive change. Mikel
- My Purpose in Life Is ... To be a positive role model & help people. – Rhonda

Use the following link for more examples of life purpose:

http://www.manifestyourpotential.com/self_discovery/5_discover_life_purpose/statement_examples_of_life_purpose.htm