

## Self Esteem

### **Improve your self esteem - Think Positively**

Whenever a negative thought enters your mind your self esteem takes a bash, particularly when the thought is about you. Try to have the mental discipline to be aware of what is happening. Converting that thought into a positive thought will help to boost your self esteem.

### **Improve your self esteem - Know and acknowledge your strengths**

Your self esteem will never improve if you don't acknowledge that you have strengths. We all have strengths. People with high self-esteem know their strengths. They are proud of them. People with high self esteem don't dwell on their weaknesses. They acknowledge them and deal with them. Try to do things that bring out your good qualities and your strengths. Your self esteem will quickly build if you do this.

### **Improve your self esteem - Get rid of your negative friends**

People with low self esteem seem to orientate towards others with low self esteem. They think it helps to talk to others who are feeling down. Don't fall into this trap; it just hits your self esteem harder. Try to spend more time with positive people. Think of self esteem as being contagious; if you mix with positive people with high self esteem, you'll catch it. Likewise, if you mix with negative people with low self esteem, you'll catch it too.

### **Improve your self esteem - Be proud**

Don't put yourself down. If you continue to see yourself in a negative light you will only feed and reinforce your low self esteem. Try to give a positive impression to people both in terms of your body language and your approach to life.

### **Improve your self esteem - Learn to accept compliments**

People with low self esteem find it hard to accept a compliment. Their first reaction is to dismiss it as being ridiculous. Respect the person if they have an opinion about you, even if you don't agree with it. There must be a reason why they think what they do about you. If people think good things about you then maybe you should too.

### **Improve your self esteem - Stop drifting**

If you're not achieving anything in life your self esteem will continue to suffer. To feel good and to help your self esteem to improve, you need to set yourself positive goals. These will give you a focus. They will give you some direction and a reason for existing. When you see yourself achieving these goals, your self esteem will increase naturally.

### **Improve your self esteem - Say No with confidence**

Your self esteem will grow quickly if you say No assertively when you know you should. People with low self esteem tend to let themselves be bullied into saying yes, particularly when they're asked to do things that others don't want to do themselves. Peoples' respect for you will in fact grow, not diminish if you stand up for yourself and say No when appropriate.

### **Improve your self esteem - Don't put up with people being mean to you or putting you down**

There is no reason why you should tolerate other people being mean to you. People with low self esteem sometimes struggle here. Make sure people know they should treat you with respect and have the patience to listen to your point of you.

### **Improve your self esteem - Stop comparing yourself**

People with low self esteem tend to constantly compare themselves with others. Be yourself and be proud of yourself. We are all different. Seeing yourself as an individual in your own right, with your own values and beliefs will help to boost your self esteem.

### **Improve your self esteem - Talk the talk**

Speak positively. People with low self esteem tend to speak negatively. They'll always answer "Not bad" when asked how they are. Say "Good" when asked how you are from now. You'll be amazed at how this simple exercise can boost your self esteem.

### **Improve your self esteem - Smile**

People with high self esteem tend to be happy people. They smile more than people with low self esteem. Not only will you actually feel more positive if you smile more, but people will respond more positively to you too.

### **Improve your self esteem - Make a good first impression**

Your self esteem will build if you see people responding to you positively. Giving the very best first impression helps here. Click here for more tips on giving the best first impression <http://www.think-confidence.com/firstimpression.html>