

YOU ARE A DIAMOND!

Powerful Secrets To Boost Your

Self-Esteem

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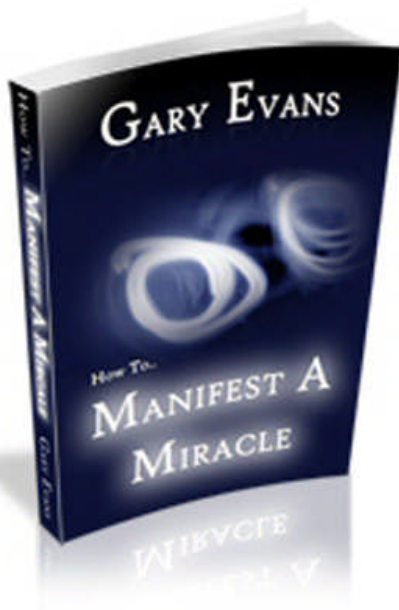


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What is Self-Esteem?

How does self-esteem work?

Tracy has been in and out of relationships for so long that she is beginning to think that no one is out there for her. No matter how she tried, and no matter what kind of guy she goes steady with, it always ends up with a big bang, and the door is usually slammed at her end.

She has blamed herself for her failed relationships because she was so kind or nosy, or forgiving, selfless, clingy. You name it; every single bad thing that happened to the relationship was her fault. Up to now, she could not help but wonder what went wrong. She has done everything to make it work but nothing she does seems to make a difference and she still hasn't found "Mr. Right."

At first glance, there is really nothing wrong with Tracy, nor with the men in her lives. But as you probe into their day to day activities, you realize that Tracy looks okay on the outside, but has very low regard for herself on the inside. She seems like an ordinary girl next door but she is actually suffering from what we call low self-esteem.

Self-esteem is how you regard or value yourself in terms of your job, your accomplishments, your relationship with your peers and your family and your place in the society. It is actually the image you have of yourself. Having high self-esteem means you have a high regard for yourself while low self-esteem means you perceive no value of yourself.

People with high self-esteem are usually people who are happy and confident. It is not about bragging about what you have or your accomplishments, but it is taking stock of what kind of person you are given all your facts in life.

Self-esteem is an important trait of every individual because it influences and sometimes even determines success in your personal life and in your career. Having a high self-esteem means you respect yourself, and it is most often the reason why others respect you.

A person with high self-esteem will do the right thing even if exposed to the wrong set of people. A person who regards himself highly will not follow what other people are doing because he has his own discernment of what is right and wrong.

Self-esteem grows on you, depending on how you were treated as a child. If you were encouraged or praised by your family while growing up, then you will probably have a high self-esteem when you become an adult. However, there are people who may have high self-esteem while growing up, but then later developed a low image of themselves because of certain factors.

Factors that lower self-esteem

1. Divorce or separation-A child who grew up in the right environment and with the right kind of people giving him support and encouragement will have a high self-esteem. However, an incident like the divorce or separation of his parents will most likely shatter the child's high image of himself, and he could end up blaming himself for the separation. He will then go into a vicious cycle of looking down on himself and of treating others differently because of such an incident.

2. Physical attributes-A child who is on the chubby side while growing up may be considered as cute by his family and friends and so the frequent encouragement and praise will help him develop high self-esteem. However, as he grows older, his environment changes and then he is exposed to the reality that society generally frowns on people who are on the heavy side. This creates confusion and identity crisis which may lead to self pity and the development of a low self image.

3. Rejection-A child who grew up with supportive parents and siblings will most likely become an adult with a high self-esteem. However, constant exposure to critical people who insult him and criticize him may create a dent in his high self image. His comfort zone is now gone and there is a possibility that he will be rejected by other people who are not so kind or who may have very high standards.

A person's self-esteem will serve as his defense and survival kit against the competitive nature of society. Growing up with a high self-esteem will already be an advantage because such a

person already knows his true value. However, he must keep close contact with the people who really matter to him to maintain his self worth, and avoid people who will try to ruin his self image.

Where does it come from?

How does one get a high self-esteem?

Have you ever criticized, even cursed yourself for doing something wrong? Have you tried torturing yourself by doing a monologue of how silly and stupid you are, and how useless you are to society? If you have been doing this on a regular basis, then you may have a low self-esteem.

Self-esteem is the overall image or value you have of yourself, it is how you look at yourself when you look in the mirror. If you look in the mirror and you see a loser who can do nothing more than commit mistakes, then you may have a very low self image.

A person's self-esteem does not come from out of the blue. It is not something you were born with, although it is partly determined by the circumstances into which you were born. It is not manna from heaven and it cannot be bought by money.

Self-esteem is acquired by a person early in life, when he was just a child, starting to recognize faces. He gains a little of it whenever he practices his gait and he gets encouragement from his parents, even if he manages to fumble a couple of times or more. He gains a little more of it as he becomes a toddler and his parents would give him hugs and kisses and tells him he is the their most precious possession.

As the child becomes a teenager, he has more or less developed a certain degree of self-esteem gained from childhood. This degree of self-esteem can be developed if as a teenager, he is recognized for his little achievements, and given a pat in the back and a comforting shoulder whenever he fails.

When this child becomes an adult, his self worth will be determined by the totality of his experiences growing up and the way he was treated by his family and friends. A high self-esteem can serve as his arsenal whenever confronted by damaging criticisms and negative feedbacks from various people.

Effects of low self-esteem

People who grew up in a very critical environment, where achievements are rarely praised and where faults are given more emphasis will most likely have a very low self-esteem. Among the effects of a low self-esteem are:

1. It can cause anxiety and depression. A person with a low self-esteem is always concerned about pleasing other people. The more he tries to make other people happy, the more he becomes depressed and unsure of himself. And when he becomes unsure of himself, he will take this as a negative attribute, leading to a lesser self worth. It goes on and on until he does not anymore have a clear view of himself as a person.
2. A low self-esteem can result in a setback in a person's performance in school or his career goals. A person who thinks less of himself will more likely have very low grades. If already working, a person with low self-esteem will experience some difficulty in his career as he could not even perform his ordinary responsibilities well.
3. Lack of self-esteem can create tension in a person's relationship with other people. Because he looks down on himself too much, this person cannot maintain a healthy relationship. He thinks he is lower than anybody and he is not worth loving.
4. Low self-esteem can lead to dependency problems. Many people who have very low regard for themselves get into drugs because they look at substance abuse as the only way to confirm their existence. Others become alcoholics, opting to become intoxicated rather than confront the difficulty of facing one's self.

People with low self-esteem or low self worth have very little or no self confidence at all. A single mistake, no matter how small, will always be blown out of proportion. A person with low self-esteem will always blame himself for anything that happens regardless of the factors involved in the incident.

A person who has low self-esteem is fragile and can be easily influenced by people who take advantage of other people's frailty. While self-esteem has its roots in a person's childhood there is still a chance to develop the self worth of adults who treat themselves as lesser mortals. However, it will take an extra effort and determination, as well as a good support group before one can achieve this.

Who gets low self-esteem?

People who may get low self-esteem

Definitely, that Piglet character in Walt Disney cartoon's Winnie the Pooh, has low self-esteem. If you have watched that cartoon movie, you will see that Piglet is often shy because he thinks he is too small to even matter. He has low regard for himself and does not even acknowledge his accomplishments.

But in real life, who are the people who are vulnerable to having low self-esteem? Since self-esteem is primarily gained from childhood, most people who have low self-esteem are those who have bad memories of their growing up years. These are people who have never really grown up.

The following are the kinds of children who will most likely get low self-esteem when they become adults.

1. Children who are products of broken families have a higher risk factor. Those who grew up with a single parent or none at all, will most likely grow up to be an insecure person. A child, no matter how innocent he may be, will question the reality that he has only one parent while all the other kids have two parents to care for them. The lack of one or two parents will be seen by the child as a flaw in his personality.

Parents who are getting a divorce or separation, should try to talk things out with their children and make them understand that they will always be there for them despite the separation. Children should be made aware that the separation is not their fault, and that their parents will still help each other in raising them, though they may be living separately.

2. Children who have very critical parents. Those whose parents are criticizing their every move, will turn out to be overly critical themselves when they grow up. Behind this overly critical nature is a child who has never really gotten over the undue and sometimes painful criticisms addressed to him by the very people who should have given him support early in life.

Parents should avoid nagging their children about their imperfections. Do not magnify the small mistakes committed by children. Rather, dismiss their failures as something trivial and remind the child that there is always a next time to try and do better.

3. Children who were never shown love and affection by their parents. Children who never experienced being loved by their parents will most likely grow up with a poor sense of self. The reasoning is, if their own parents could not love them for what they are, then who will? Parents should show affection to their children by giving them hugs and kisses. These are simple things but they can make children feel loved and needed.

4. Children who are victims of physical, verbal and sexual abuse. Children who have been abused while they were growing up will see themselves as objects to be used. While physical and sexual abuse ranks high in traumatizing children, verbal abuse can also turn them into insecure people later on. Nagging your children about how badly they performed in school will do nothing good but see you as the enemy. This will not only put a strain on your relationship but will also instill in his mind how incapable he is.

A child who has been sexually abused will most likely grow up scared and scarred. Such a child may grow up and look normal on the outside. However, the years could never erase the pain and the degradation brought about by being sexually abused, either by a parent or anyone else in the family.

Children who grew up under the said circumstances will behave differently when they become adults. But deep inside, there is a common denominator among them; the feeling of not being wanted and loved. When you feel these things about yourself, then self respect will most likely be non-existent. When you grow up unloved by those around you, then you will most likely have low self-worth or self-esteem when you become an adult.

A high self-esteem comes from being secure of your worth as a person. It comes from knowing that people you love and who matter, reciprocates your feelings. It comes from acknowledging that you are a unique person who has his own talent and strength. And finally it comes from knowing how to sort out credible and constructive criticisms from damaging one.

How do I get it?

How Does One Get Self-Esteem?

Some people will live their entire lives having extremely low self-esteem. They will never get to feel the joy that a healthy self-esteem gives. How does one get self-esteem, or at least try to get it back?

Self-esteem is one's own view of himself. It highlights the beauty of the person in the context of the world. Self-esteem is not seeing oneself as the best person in the whole world it is a mere appreciation of the self as it is. A healthy self-esteem is not characterized by overflowing overconfidence nor is it the lack of it.

What are the signs of a healthy self-esteem? Here are some them:

-Being Happy for who you are

People with a healthy self-esteem are people who view themselves as unique yet beautiful. Having a healthy self-esteem will make a person take the notions of the world regarding what's beautiful or what's not in a good light. He takes them into consideration but the ultimate basis for his views is his own belief. A person may not be as good-looking or as talented as other people but he can be as happy as he can be.

-Unafraid to take challenges

A healthy self-esteem will lead to self-confidence. People with healthy self-esteem are comfortable in trying out new things because they are not afraid to make mistakes and make fools of themselves once in a while. They are aware that there is no perfect person and everybody makes mistakes, so there's no reason for them to hide their weaknesses.

Being unafraid of committing mistakes is a sign of self-acceptance, with an emphasis on one's weaknesses. This is an important part of self-acceptance and self-appreciation.

-Accept mistakes and learn from them

Another healthy sign of a healthy self-esteem is the acceptance of one's mistakes and learning from them. A person with a low self-esteem would blame and put himself down continuously for the mistakes that he commits. It is a very unhealthy practice indeed.

There are a lot of factors to consider when making mistakes. Most of the time, these mistakes are brought about by consequences around us. Learning to accept mistakes and learning to learn from is a first step towards loving yourself.

-No need to prove oneself to others

People with healthy self-esteem need not to prove themselves to other people just to find self-worth and to feel accepted. People with low self-esteem tend to be restless in doing things in an effort to impress others. They equate success with self-worth and finding true happiness. There is more to life than getting a perfect score, shooting every basket and beating everybody else.

Having a healthy self-esteem may not necessarily equate to being happy. It is also possible that a person with a healthy self-esteem is unsatisfied with certain circumstances in his life and this makes him unhappy with the whole picture of his life. However, having a healthy self-esteem is a pre-requisite to having true happiness. If one owns the world and lives the life of a king but he views himself as a pathetic loser, do you think he will find happiness from all the material wealth that he has? It is more possible that his material wealth will aggravate his personal insecurities.

So how does one develop a healthy self-esteem? Listed below are some helpful tips into getting self-esteem.

-See the beauty in you

Self-esteem starts from self-acceptance and self-acceptance is built through seeing one's strengths and weaknesses. Identifying one's perceived strengths and weaknesses can be a useful tool in becoming a better person and having a better feeling towards oneself.

-Learn to let go

Let go of your mistakes and move on. Leave the negative things behind and bring the lessons along the journey. If one dwells on a mistake too much, it would eventually burn every ounce of self-esteem left in him.

-Learn to stop comparing

Stop comparing yourself to others. It may be okay to compare yourself to someone else on the descriptive level. You are who you are and let others be themselves.

-Teach your inner voice

The inner voice is the small voice inside your head which usually lowers one's self-esteem by dwelling on his faults and weaknesses. Speak to yourself in a positive tone. Always use positive remarks and try to leave out the destructive criticisms.

Finding self-esteem is not an easy thing to do. It is a task which cannot be done by anybody else but you. No amount of external intervention can influence someone who doesn't want self-esteem. Having self-esteem is a conscious choice. It can be the hardest thing to do but it can also be the easiest.

Can I change my Self-Esteem?

Self-Esteem and the Rise to Happiness

When the Oracle of Delphi gave man the advice to “know thyself,” it was the best advice she could give. Man is an animal with the ability to think and be aware of its own predicament. With his mind, he has created works of art, solved problems, codified language, raised cities, etc. That is a great distinction.

However, because man is aware of himself, he is also endowed with the flip side of having a mind. Sometimes has can be too aware of himself. He is easily swayed by outside circumstances beyond his control. He sees things that don't exist, torture himself and his fellows, lie, steal, and kill.

It is therefore imperative that man must above all master himself in order to live a full life on this earth. The key to this good life is how he views himself or his self-esteem.

Self-esteem is the way man views himself, simply put. It is a subjective assessment of himself as he interacts with others and the environment he lives in. This is one of the major factors that determine how well a person will do in this life. Unless training is done to rein in his emotions and have a different way of viewing things, self-esteem can be exceedingly fragile.

Most people derive high self-esteem from the things they do. This is especially apparent with people who work. High self-esteem can result from work which skills and challenge are equally matched. This result in the experience of what Dr. Csikszentmihalyi describes as flow. The more flow you have in life, the more fulfilling your life can become.

Self-esteem can be derived from any activity even housework, chores, taking care of children or studying. The essential thing behind it is that man must know where he is going.

Self-esteem can be improved in the following ways:

- **Know your strengths.** Take stock of yourself and know what you are really good at. It is important for you to develop the talents that you are naturally gifted at. Whether the skill is the

ability to write well, have photographic memory, the ability to speak Latin backwards, you must find a venue for your talents to flourish.

How do you know what your strengths are? Think of things and situations you were in that were difficult for others but was easy for you. Did you always ace that English class without even studying? That could be an area of strength. Other people have great talents under the guise of mediocrity.

- **Acknowledge areas for improvement.** Weaknesses must be recognized for the weaknesses they are and shouldn't be sugar-coated into something like being human. The worst thing people can do to weaknesses is to ignore them and keep them under wraps.

The more a secret is hidden, the more the secret will be found out. This goes the same with weaknesses. Everyone has an area to improve, so don't compare yourself to others. Take stock of the weakness, and try to find ways to address it or take time to turn it into strength that drives you to better places.

- **Don't take it personally.** Detach. Take situations as they come. Never unnecessarily let others make you feel bad just to make themselves feel better. Refuse to do so. Avoid these people like the plague enough to even change jobs. Trust, it will be worth the change. Low self-esteem can be contagious.

Cultivate a logical view of things. Passions come so easily to men that the imposition of logic and reason is an exercise in being truly human. The ancient philosophers have time and again exhorted man to master his passions and work on their ascension.

- **Know what you can control.** There is only one thing in the world that you have absolute control over. It is the will alone. It is only your mind that you have complete mastery over. Even the body is not under your full control else you would be able to dictate the beats of your heart or the breath you take.

The mind is the vehicle for all things possible. And the passions fuel this dream. Focus and let yourself enjoy the process.

- **Set your goals.** Fragmentation of concentration holds you back more than you know. Knowing what you want and when you want it cuts through all the chaff. Aim high and let your mind find ways to get it.

If you need to adjust, do so. The whole point is to make sure you get to where you chose to be in the future and not what others want you to be.

- **Laugh!** The world is strange and absurd. Don't take things too seriously. Have fun with other with the understanding that they all are here to help you and are taking their own journeys to better themselves as well.

Raising self-esteem is a personalized art form. Some techniques may work on others and some don't. Try to mix and match, experiment as far and wide as you can until you can get a good handle on yourself. And you'll find things will just get better for you.

How to accept compliments

True Compliments Must Be Acknowledged

Human beings are social animals and because they require constant interaction with others for their survival. In short, it is important for people to get along with each other.

Arguments have raged over the centuries on how people can truly cultivate a meaningful relationship with each other. Cultures have different ways of coping with others depending also on the environment they lived in.

Take for example the Japanese. For population densities approaching 13,416 per square kilometer in Tokyo as of September 2003, it is highly important for them to maintain social ties on a level that helps them keep on an even keel with each other.

The strategy the Japanese have adopted is to be exceedingly polite. It would be difficult for a Japanese to be frank and straightforward with a stranger or somebody who is not a family member. He will use the indirect approach to try to get his message across.

Among the Americans, whose culture enshrines the value of independence and the free enterprise, being straightforward and frank is not uncommon, especially among ambitious and goal-oriented individuals.

Depending on where one lives, the point is that people find ways to keep the wheels of civility moving along. Compliments play a good role in that aspect.

Compliments are defined as statements of praise. Indeed they are. What most people look at when being given a compliment is the truth behind the comment. This is because people as social beings want to be acknowledged for the contributions they have made to society.

Compliments are a good way for people to tell them how great they are. However, since compliments are so easy to dish out, it must be absolutely truthful. People can smell a lying or an insulting compliment a mile away. You can see it in the eyes, the posture, even the smile of the one making the compliment.

As grease for the social wheel, compliments have seen abuse many times for its convenience. This has caused a double-edged phenomenon among people that makes them automatically reject compliments with a negative disparaging remark about themselves or accept it too readily.

In short, people nowadays prefer to sell themselves short than to accept a compliment.

It became apparent that people with low self-esteem tend to reject compliments and establish a false sense of modesty while people with an overweening confidence tend to accept compliments with an edge to it. The art of accepting compliments was in danger of becoming lost.

Here's how to accept compliments without coming off as cocky or as a rejecter:

- **Know yourself.** This cannot be emphasized enough. To get rid of the insecurity that compliments generate in a person, knowledge about oneself is the most important factor.

With self-knowledge, you know yourself more than anybody can. When a compliment is given, you can instantly detect whether it was genuine by the sheer fact that you know where you truly stand in the scheme of things. Compliments that are specific usually mean people are sincere.

Nothing feels better than to be acknowledged for a job hard fought and truly well done. When you know you have given all you had to the project, the late nights, the overtime, the concentration, you should accept it with good grace, because you know you deserve the accolades.

- **Learn to say Thank You.** Compliments are one of the hardest things to accept for most people. So take a breath and practice saying "Thank you" to the wonderful gift of compliments.

Acknowledge the compliment by giving a genuine and sincere appreciation of the remark. It is not necessary to give another one back to the "complimenter". This is not a market where you have to do an exchange. Just don't forget when the opportunity comes for you to give one yourself.

- **Trust your instincts.** How can you tell the person is sincere? You can try trusting your first impressions. The first two seconds is enough for your intuition to see whether people mean what they say about you.

Nevertheless, you most probably accept the compliment anyway to keep the wheel rolling along. Except that now you will take this compliment with a grain of salt. But also take stock of your condition. You might be tired and might react differently. It all depends on whether you are able to observe yourself and your reactions. That way you won't be caught off guard.

Do you always speak negatively about yourself?

How to Catch a Negative Thought

Awareness about oneself has always been considered a human ability. With this gift, man has managed to put himself as the dominant species of the earth. With his mind, he has managed to harness the very power of nature to create machines and codify systems.

Right from the first discovery of fire, it is in man's very nature to explore and to evolve. With no natural weapons or significant protection of any kind, it may be a wonder how we managed to succeed in evolution. There was only one answer. Our natural gift was our minds.

In the realm of the mind, Greek philosophers have encouraged man to aspire for perfection. In the Far East, we have striven to master our emotions and point the way for our future generations. Each generation has brought with it great steps in technology and innovation.

Despite this, somehow, we have not done so well with our emotions. Awareness is a double-edged sword. What happens when man becomes unbalanced and therefore unable to judge correctly?

An essential part of the human being is the image he has of his self-worth. Knowing precisely what a man's self-worth is gives a good indication on how far and high he will go in life. When a man's self-worth is not well developed, he loses the will to make a difference in the world.

Have you ever examined the mental chatter you have in your head? Is it positive or negative? Do you find yourself in constant doubt? Second-guessing yourself when you should have gone for it? Were you encouraged when you were young? Did you ever know you could do that, but was afraid of failure?

All these thoughts stop us from making a lot of mistakes. Problem is mistakes are the way mankind usually learns. Surviving his mistakes makes man stronger and wiser in a manner that he never forgets. Because we stop ourselves, we don't grow as much.

Learn to recognize negative thoughts. Here are the signs:

- **Automatic.** These thoughts seem to come naturally to your mind. One would be mistaken to think they are the norm though. If children were observed, why would they be uninhibited then?

We are all naturally without negative thoughts. As children, to be integrated into society meant that we have to be trained to be a part of society. This meant that measures had to be taken to keep us in check at times.

Unfortunately some parents took to verbal and physical punishment as a means to control their kids. But the purpose to discipline gets outlived and we still remember the shaming incidents we went through more than a decade ago. Without conscious intervention, we keep the tape running over and over again.

- **Emotionally charged.** We feel strongly about it. We are involved with it. Our blood goes pumping and our heart rater kicks up more than a notch. We can't help it. But are we helpless?

Fortunately, we are not helpless. Though for years we have been avoiding the subject, we can choose to face the facts and make ourselves better again. The first step is to accept that we have this problem.

We can also choose the response we give this kind of stimulation. Viktor Frankl, a concentration camp internee taught that "between stimulus and response, there is a gap." With practice, we can widen this gap and create a space where we can react in a manner we choose to a situation.

- **Draining.** Negative thoughts do not give energy to go on doing things at the same level or makes us suddenly lose our enthusiasm. We become distracted and preoccupied where concentration and focus is required.

Negative thoughts take energy away from the work you do. It is counterproductive and makes you get in the way of yourself. If you find yourself in this situation, stop. Take a break, and take time to return to your center.

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Find a quiet corner and sit down. Relax and close your eyes. Concentrate on breathing naturally through your mouth. Take slow deep breaths that go all the way into your center. When you find yourself totally on your breath, then you can think about things that make you happy and excited.

After a few minutes, you'll feel invigorated and ready to do another round.

Negative thoughts are a product of what happened to us in the past. It may well be good advice that we find ways to keep it in the past, let go and move on into the present and future without any useless baggage.

Don't apologize for your actions

Never Apologize for Your Success

Deeply ingrained in the heart of every man, woman and child in the face of the earth is the drive to succeed. Now with six billion people in the world with the drive to succeed, that's a tall order.

Fortunately, not all men, women and children are equal. In fact, each man and women is unique and varied in terms of goals, capacity, purpose, opportunities presented, threshold for risk, etc. Each has a slightly different style of learning, preference, and outlook in life.

It would also stand to reason that each human being on the face of the earth will have slight to extreme differences in defining what success is to them.

Success is defined as being in a situation of fame and/or prosperity. One might think people became successful because they had an advantage. And they actually do. They had the uncommon characteristic that they set their minds to succeed.

They have the drive and desire to be where they choose to be. If it is impossible at the present, they make plans to put themselves in situations where they will get to their destination step by step. They just don't give up, they never lose hope even in the face of great odds.

Yet why are most of the six billion not successful then? Is there a reason why not everybody is a millionaire? Everybody has the drive for success, so why aren't we all better off?

The answer unfortunately is not outside. It is because we stop or deny ourselves from success. It might sound strange, but most people choose to not succeed.

Success can be pretty scary. It is a lonely journey to the top. People who desire success can be viewed as caring only about money. Your talents will be less valued by people who don't see its worth. And quite possibly the social circles the person moves in will not appreciate the success he has achieved and will move to ostracize him.

You Are A Diamond! Powerful Secrets To Boost Your Self-Esteem

Once success is achieved, a person is placed in a very unique situation of his own making. He can choose to either get used to success or decide that the discomfort of success is too much and withdraw back into familiar grounds.

Never say you are sorry for your success whether the situation required a person to strive for others or themselves. The very fact that he has reached a certain level of success signifies a payoff of all the hard work and sacrifice he has put into the effort.

Feel happy and enjoy the fruits of your labors. What is the value of tilling a field if you do not enjoy its fruits? It is okay to feel good about being a success. You do not have the world on your shoulders by yourself. Look around and you will see that others are more than willing to take up the burden with you.

Spread the wealth around. Give back to the community that supports you. If you feel discomfort that you have more than the poor, then this would be a perfect opportunity to make a significant contribution to your fellow men. Build schools, parks, libraries, etc. If you're not that successful, volunteer at church, teach; make others happy in your presence.

Choose to teach your fellow man to learn to be a success. Go on lectures. Share what you know with others. It will make the taste of success so much sweeter when others are with you at the top.

Stay simple. As a successful person, the lure of the glitter is great. You may be tempted to purchase extravagantly. Build three Jacuzzis in your ten million dollar home in Beverly Hills. Don't go over the top. Don't let things you own...own you.

Stick to your principles. The most successful people in the US are down to earth, simple folks with iron clad values. When one of them says they'll meet you at five pm on the corner deli, don't make the mistake of meeting them, five minutes after the appointed time. If you do, you better have a good reason to do so.

Truly successful people are people with integrity. They keep their word as much as they can and act warmly towards everybody they encounter. And why shouldn't they? They were willing to take a chance on life. So life has given back what they put in, with interest.

Are you a perfectionist?

Are you a perfectionist?

For some people, good enough is just not good enough. While for others, turning down a project is a lot better than finishing it off in a less than perfect way. Doing nothing, accomplishing nothing is a lot better than achieving something that is not at all one hundred percent exceptional. Be honest with yourself and see if you think the same way too.

For perfectionists, not doing anything is so much better than doing something yet failing.

Aiming to be perfect is the goal of perfectionists. For them, there is no room for mistakes. Trying is not good enough. Doing should be the only option, and doing it perfectly is the only decision one should make.

Perfectionists have constant stream of thoughts floating in their heads that are often self defeating. They dictate unnecessarily high goals for themselves. These goals sometimes are too high that they tend to border on the unrealistic.

However, society sometimes favors and smiles upon the perfectionists amongst us. This practice comes from the less known fact that being perfect is a requirement for success. But there are some studies that have proven that being always obsessed to be perfect is actually detrimental to success.

Striving to be always perfect denies someone the unique satisfaction of doing something for the sheer fun of it. The fixation to always be perfect could also cause someone to think more of failing than simply enjoying the process of getting there. It pays to have more realistic expectations.

Most perfectionists at times got to where they are now because of early life experiences they may have had which caused them to think that their value lies only on what they have achieved or accomplished. For them, their self-worth is based on how much others have approved of them. Therefore, their self-esteem is based on outside standards.

Having this kind of attitude makes one easily vulnerable to the opinions of others. Perfectionists have also become sensitive to what others think of them. The desire to protect themselves from these “harsh” criticisms causes them to go on the defensive and strive to be perfect.

There is a list of attitudes, beliefs and overall negative perceptions that further fuel obsessive compulsive ruminations about being perfect. Check and see if you or any one of those you know possess any of the following.

Failing is something to be afraid of

Failing is a big thing for perfectionists. Failure signifies a lot of things to them. While non perfectionists may see failure as an opportunity to better themselves, the way Thomas Edison thought that his more than a hundred “mistakes” prior to inventing a working light bulb were not actual “mistakes” but only a hundred ways that led him to finally creating that perfect invention.

Perfectionists see it differently though. Failure is just what it is, their inability to make something better of themselves. Failing makes them feel worthless, expendable and totally worth nothing.

Mistakes – Oh the horror!

Mistakes are a no-no for perfectionists that sometimes their whole twenty four hour lives actually revolve around avoiding them. If we only live in a perfect world, doing this would be fairly easy. But since we do not, mistakes are actually a part of everyone’s lives that sometimes, as in Thomas Edison’s case, committing them may actually be an amazing opportunity for growth and learning.

Believe it or not, the vaccine for chicken pox as well as the discovery of radiation were both discovered by mistake!

Please love me don’t hate me

Perfectionists try, as much as it is possible, to not let anyone see the flaws that they have. This is because they are afraid that once anyone has seen them in their unguarded state, people will reject them outright. In order for them to not feel such or at least for them to avoid experiencing any form of criticism or disapproval, they try their best to be their perfect selves.

There are only two choices: All or nothing at all

Perfectionists have a firm belief in themselves that they are totally worthless if they do not have any accomplishments. A student who is only used to receiving all A's in his card may begin to perceive that the world is coming to an end if he receives a B+.

All in all, the cliché that says: don't sweat the small stuff, actually works in the perfectionist's case. Taking it easy and being easy on yourself is actually less complex, less stressful than worrying about all the details to achieve perfection.

Are you a procrastinator?

Are you a procrastinator?

Do you delay doing the inevitable? Do you put off doing something for tomorrow when you can very well do them all today? Have you asked yourself why you are like that?

These are the hallmarks of a true blue procrastinator. In a practical sense, procrastinating is a waste of precious energy and time.

If you have any of the following attitudes and beliefs, it is high time you check yourself for personal rehabilitation and start changing those negative thoughts to positive ones.

Feelings of hopelessness

Feeling hopeless about a situation is a clear motivation for procrastinators to procrastinate. Either because they feel that the past is better and the future is bleak and doing something today is futile, a hopeless situation is enough an excuse for them to not do anything at all.

For procrastinators, doing anything is not worth anything. And doing something does not count at all.

The young and the helpless

Procrastinators are so convinced that their moods are caused by someone, anyone or something. Or simply, everything and anything that is outside of themselves. They believe that their disposition is so beyond their control and that whatever actions or non-action they take is caused by an entity – visible or invisible that is external. They end up blaming the heavens, other people or fate for the misery they perceive they are in.

It is so overwhelming!

Those who procrastinate have the tendency to do the following: when assigned to complete a certain task, they will – as much as possible – magnify all the little (imagined or unimagined)

problems they will encounter until actually doing the task becomes so overwhelming and difficult in their minds that their last recourse is to not do anything at all.

Procrastinators also try to do a lot in one get-up-and-go attitude instead of breaking up the chores into simple bite-size little pieces. Imagine if you would, try eating a whole steak and try to swallow everything in just one bite. Doing such is so unimaginably illogical and does not make any sense at all. It is also physiologically impossible and complex.

Jumping immediately to assumptions

Procrastinators also have a great excuse to not do anything or in delaying doing something. They have this ingrained habit that whatever it is they do is not enough and will never be enough to make them feel any better. This is because they have the tendency to engage themselves in negative thoughts and attitudes. Personal remarks like “I cannot,” “I could, but” is their constant mantra.

They believe to not believe in themselves

Procrastinators also are good in labeling themselves into something they so firmly believe they are. The real person could range from anything as being “lazy,” “good for nothing,” etc. They believe that these labels are the real them and that they are unable to do anything about it. They believe they have no personal power to change themselves for the better so they do not expect a lot, or nothing at all from themselves.

The destination is worse than the journey

There are those who procrastinate and could not complete a task because they think that the end result of whatever it is they are to do is not worth the effort they are to put in the task. They think immediately of the immediate future of which they have no control over without taking into consideration the immediate present which they have the capacity to change and influence according to their will as much as it is possible.

The journey of getting there does not matter since the destination – wherever it is – will lead to nowhere, at least that is what they want to think.

Everything should be perfect

Procrastinators who have this kind of attitude makes them easily vulnerable to the opinions of others. Perfectionists have also become sensitive to what others think of them. The desire to protect themselves from these “harsh” criticisms causes them to go on the defensive and strive to be perfect. Eventually, being perfect is ultimately tiring since it is striving to achieve the unachievable. No one is perfect after all. And since doing nothing is better than doing something less than perfectly, procrastinators think that it is best to really do nothing at all.

All in all, perfection is an ideal that when achieved – if ever it is achievable – will be pointless. Real perfection only exists when flaws, mistakes, imperfections are present and the capacity to accept all these no matter what is the true mark of an honest accomplishment.

Listen to your Self Talk - Inferiority and Superiority

Listen to your Self Talk - Inferiority and Superiority

Look at you, so fat, so ugly, and so hopeless. Whatever will I do with you?

Have you ever told yourself any of these statements? Have you ever thought of yourself as not worthy of any praise? Have you ever listened to the way you talk to yourself?

Such kinds of thought are the hallmark of a negative kind of attitude. It is self-defeating, it hurts --- emotionally, and in the practical sense, engaging in some form of it, no matter how little, does not help at all.

Have you ever tried doing this? Instead of a negative attitude, pepper the talks you have with yourself with positive yet realistic qualities. They could take the form of such statements like: I may be a size twelve now, but with a little effort day by day, maybe I could crunch my size down to eleven or ten? Or eight? I may have made mistakes then, but the present is more important than the past. It is never too late.

Did it not feel better having to hear such positive remarks? It pays to hear positive statements about yourself from yourself. According to some psychologists, the kind of self talk that people subject themselves to usually project and create their own emotional conditions.

Being able to feel calmer and a little less worried could depend on whatever it is you want to hear yourself say. Self talk also has the power to affect one's health and well-being. Stressful events, for example, are best handled calmly and with a little less drama.

With a little self-awareness and a lot of practice in focusing on how to best utilize the best out of a seemingly not good situation, developing the habit of positive self talk is easy as one two three.

The following are possible solutions and actions to make that constructive change from feeling and talking bad to feeling and talking good.

Focus on the problem

Yes, there are problems. Yes, it helps to talk about them. But basically, problems are not the dominant reality. It would help so much for that problem to go away if the focus is on solving them and not griping or complaining about them. It is best that one should focus on how they want to make the situation a lot better.

The worst is yet to come

Something that is clearly not happening yet but, for a lack of better thing to do or think about, negative self talk automatically transform these non-events to already bad situations. While preparing for an exam, negative self talk might just say, "I'll fail, definitely, I'll fail." Or while getting ready for a meeting, "I'll be a disaster, I'll make a fool out of myself and I'll be a disaster."

It helps to not focus on how you will appear, or how people will see you. Turn your attention beyond yourself, beyond your selfish and ego needs and towards the task at hand that is a lot bigger than you. Focusing on your self alone is one sure fire way to disaster.

Remember, not everything is all about you.

Pigeon-holing people is not good

People are unique. Just like fingerprints, no one is exactly alike. This is what makes them great, good, better, best. Variety is the root of all individuality. But, by putting people, and yourself, in boxes and pre-conceived notions and not thinking of them as distinct and original, enables one to think of others as less while putting yourself as someone who is more.

This denies everyone including yourself the appreciation and openness to various opportunities.

Could-a, would-a, should-a

Sentences that start with any of these words automatically set one up for un-called for and totally unnecessary regrets. There is no clear quantifiable proof that such kinds of self talk will help generate what one wants in life. What it does ensure are feelings of guilt, bitterness and even anger of not having done that, made this, said that, etc.

Appreciate the value of choices. There is power in not being able to know the outcome. It frees one from attachments and helps in letting go of expectations, be it good or bad.

All in all, consider self-talk as your soul, body and mind talking to you. Listen from within, your real voice is kind, compassionate and knows what is best for you. All you have to do is shut up bad-mouthing yourself and listen to the real silent witness within.

Underachiever and Overachiever

How to Deal with Overachievers and Underachievers

Overachieving and underachieving are two conditions which are experienced by many people. These are most commonly noticed in children, in terms of academics, sports and other activities which they take part in.

Overachieving

Overachieving can be defined as performing far better than what is expected. In academics, it is defined as one's academic performance which is way higher than one's performance in standardized tests such as intelligence quotient (I.Q.) tests.

A child may be an overachiever if he feels an impulsive need to get perfect grades and be on top of everybody else in his class. At first glance, it would seem that being an overachiever is no problem at all. What's wrong with being on top? Is there anything wrong with wanting to be the best? It's perfectly normal to feel that way. However, this desire to be on top affects someone mentally, physically, emotionally and socially, then it becomes a problem. An example would be someone who skip meals, refrains from conversations and mind nothing else but getting A's.

Underachieving

An underachiever is someone whose performance is far below his potential. Underachieving can also be a problem and can seriously jeopardize a child's future if not properly dealt with. There are many reasons which lead to underachieving.

A child may be an underachiever if he:

- 1) Lacks interest in school work and other pertinent activities
- 2) Always blaming other for his mistakes
- 3) Engages too much in socializing or doesn't have a social life
- 4) Is disorganized

If one looks at overachieving and underachieving, they can be listed as antonyms. But even if the two concepts are almost paradoxical, they can both be associated with the same causes. They are two closely inter-related conditions.

Low Self-esteem

The way one looks at himself very much related to overachieving and underachieving. Both the two conditions could have resulted from low self-esteem. For the overachievers, they may look at academic grades as personal barometers. They need assurance that they are worth something and getting high grades may be a way to fill that need. They tend to equate high test scores with self-worth.

For underachievers, they are afraid to perform at their best or in some cases, they are afraid to even try something out because of low self-esteem. They feel that they are not good enough to be able to do something and are afraid that they will fail which would cause their self-esteem to go down further.

There are other things which could aggravate the effects of low self-esteem, some of these are:

Lack of Opportunity

For children with low self-esteem, the lack of opportunities to grow will get them closer to being overachievers and underachievers. A child may become an overachiever if he realizes this and can become overly obsessive with getting high grades and beating every one in his class. A child may also become an underachiever and immediately stop trying.

Structure

Everything must have a balance, even structure. Children who grow up in homes where there is too much or too little structure are also in danger of becoming underachievers or overachievers. For example, in a house which is too structured, a child may feel that getting high grades is the only way to make his parents smile, or he may want to stop trying just to get even with his parents for being too strict.

Attention

A child who is given too much or too little attention also faces the danger of being an overachiever or an underachiever. For example, a child who is given far too much attention will be inclined towards being an underachiever and stop trying because he needs some space between him and his parents.

Dealing with the problems of overachieving and underachieving should be done at the level of confidence building. Here are some points on how to deal with these problems:

Communicate with your child

Constant and substantive communication between children and parents is one of the key factors for dealing with self-esteem problems. A child needs to be heard and needs to hear from his parents. Knowing one's child's problems and helping out if needed is one of the indicators of being an effective parent.

Boost Confidence

Parents should encourage their children to become who they want to be. They should also give assurance that the children are to be loved whatever happens. Academic grades shouldn't be the barometer of parent's love for their children, and children should realize that.

Allow the Child to Grow

Low self-esteem is associated with too little space to grow. Parents should learn how to let their children learn from their mistakes. This will fill in the sense of inadequacy in children. If a child doesn't want to study for a test, his parents should not force him to study even if he faces failing. Once the lesson is realized, the parent should then talk to the child so that he may be able to learn from it.

Low self-esteem can cause more serious problems in the later stages of one's life. However, not everything is lost, there are ways on how to deal with low self-esteem and avoid the problems brought about by overachieving and underachieving. A healthy self-esteem is needed if someone wants to be happy in life.

Attitude = Self-Esteem

Self-Esteem is All about Attitude

“Self-esteem” as depicted by the word itself, refers to one’s views about himself and his place in the whole scheme that is life.

Self-esteem is closely related to the concepts of self-worth and competence. Self-worth is all about seeing oneself in the whole context of reality, keeping in mind the basic human values. Competence refers to one’s conviction on the belief that he can achieve things. These two concepts always go hand-in-hand with each other to be able to develop a healthy sense of self-esteem. A sense of worthiness prevents competence from becoming arrogance by reminding the person of the basic human values that should be achieved. Competence prevents worthiness become narcissism by reminding the person that good feelings are earned and not explicitly given.

Self-esteem is all about attitude. It is an attitude towards seeing oneself, one’s potentials and the challenge of actualizing these potentials.

Oneself

Having a good attitude towards oneself is the basic foundation of a healthy self-esteem. One must have the confidence to be able to perform and this is founded through a good view of oneself.

People should always remember that everybody is different. Being different isn’t necessarily bad, if one finds the uniqueness in himself. Everybody has a unique set of traits that sets him apart from the rest of the world. Low self-esteem can result from having a negative view of this uniqueness. This can later be followed by envy of people who are better in certain things. “Is there something wrong with me?” “Why did I lose?” These are some questions that result from self-doubting.

Low self-esteem can lead to underachieving. It is a condition wherein a person’s performance falls short of his potential. The potential of underachievers are then put into waste.

Underachievers tend to ultimately stop trying because of the belief that they are not capable of doing things. This can be a very dangerous situation since it will affect a person's mental, physical, social and spiritual conditions.

Self-acceptance and self-appreciation are the keys towards building self-esteem. A person needs to be able to see his qualities and accept himself for who he is. He takes into consideration his strengths and weaknesses and builds on his strengths and overcomes his weaknesses. A chubby person doesn't have to resort to diets which would eventually be detrimental to his health. A kid should not take drastic measures in reviewing for a test just to get a high score. A single aspect of one's life should not be equated to his total attributes as a person.

The Self in the Context of the World

A positive attitude towards oneself is usually bugged by the things around the person. Low self-esteem is usually influenced by the wrong attitude of comparing oneself with other persons. Envy, as said earlier, leads to negative thoughts of one and can result to low self-esteem.

There's nothing wrong with idolizing other people for their abilities and their success, however, this should be done under a positive light. Putting yourself down because of others is not a healthy thing to do. Trying to become someone else is neither a good sign of finding self-worth and confidence.

The only standard that is worthy of being recognized is the standard that one sets upon himself. The world is full of different opinions and views but at the end of the day, the most important thing is that the heart is followed and happiness is achieved because of the beauty that is recognized from within.

Finding one's meaning in the context of the world maybe a difficult and challenging task. The journey should start from within one's soul. You must always remember that you were put in this world for a reason. Self-esteem can be found in one's purpose in this world. Forgive yourself if you have fallen short of your expectations and try to stand up as a better person.

You Are A Diamond! Powerful Secrets To Boost Your Self-Esteem

Low self-esteem can eventually crush the totality of a person. Developing a good sense of the self and finding one's own place in the whole scheme of things can truly help in having a healthy self-esteem.

Growing a "YOU" attitude Instead of "ME"

Growing a "You" versus "Me" Attitude: A Three-Part Exploration of Egotism

Are you someone who is infected with this disease that has plagued mankind for quite some time now? Egotism or blown up ego. It is also known as self-centeredness, selfishness, and is related to vanity or conceitedness.

This disease is likened to an adhesive with which people get stuck with themselves. If you can't get away from yourself, then indeed you have it.

Ever encountered people who are openly selfish and conceited? Those people who wave beggars away instead of sparing them a piece of bread or a penny? Those who can't think of anything but only themselves? Aren't they just annoying? Or, God forbid, are you one of them?

Symptoms of a "Me-Me-Me" Attitude

Here are some of the signs that you have actually been infected with this disease known as egotism-itis:

1. You think of beggars as low-life thieves instead of love-needing humans.

People who see others who are in need as plain parasites of the community don't realize that it is actually them who are in need. This means that people who judge other by the way they look are actually the people who lack a big part of their lives. They lack understanding.

2. Your vocabulary is mainly composed of me, moi, yours truly, and I.

What could be more of an indication of selfishness than hearing someone talk about himself 24/7, right?

3. It always has to be "what's in it for me" when it comes to any of your endeavors.

You think that the whole world owes you a lot. So, everything that you do should benefit you and only you alone. Service means contributing something for his own advantage. It doesn't occur to an egotist that what's in there for him is the opportunity to give or to do something for someone.

4. The loss of others is your gain.

That's what you feel most of the time. When someone is empty you feel full. This easily translates to a person that lacks sheer concern for others. If you feel laughing when someone is just so grieving, surely, you have contracted the disease.

Complications of a "Me-Myself-and-I" Attitude

Now, how do you treat this very maligning disease of selfishness? Here are some thoughts that might motivate you to deal with this condition by hook or by crook.

1. With conceit, which is the best friend of selfishness, there's no room for improvement. Since conceited people think highly of themselves, what else will motivate them to improve themselves, right?
2. Egotism backfires. A lot! A conceited person, in his desire to show how great he is, often makes a fool of himself. And this makes him show much insecure he is with himself.
3. With selfishness, a person becomes a big turn-off. This is one of the worst downside of this trait - the loss of loved ones or the lack of gaining some friends. What could be more repelling than knowing someone who only thinks of himself?
4. It is simply pointless to be selfish. This is because what made everyone become the person that he is today is through the help of another person.

Treating the "All by Myself" Attitude

After knowing the signs and complications of egotism here's a rundown of things you can do to gradually get rid of this communicable disease.

Egotism is founded by the thinking that we are different, that we are better than others. This can easily be destroyed by inculcating the fact that we are all the same. That we share the same fears, dreams, and hopes. What can be upsetting about that?

Superiority and inferiority is a dichotomy set by humans. It really is not one of the universal realities. If one continues to keep this dichotomy in mind, endless trouble will haunt him. Also, a lack of judgment can easily lead to further trouble. Criticizing others which comes from plain narcissistic characteristics within yourself is one of the main causes of others miseries.

Always think of what you can contribute for the sake of being of help instead of being helped in the long run. This way you will reap what everyone has been struggling for - peace of mind.

Also, think of the truth in the words of Johann Wolfgang Von Goethe (1749 ~ 1832) that "He who does not think much of himself is much more esteemed than he imagines."

10 Tips to Improving Self-Esteem

10 Helpful Tips in Gaining Self-Esteem

Low self-esteem can lead to various problems in someone's career, relationships and personal life. Low self-esteem can easily be transformed into depression which can further affect one's mental, physical and social disposition.

Respected psycho-therapist, Dr. Nathaniel Branden, defines self-esteem as the "disposition to experience oneself as being competent enough to be able to keep up with the challenges in one's life." The concept of self-esteem is basically all about how one views himself and his place in life itself. It is overall view of oneself based on reality.

Having a healthy self-esteem is important. It gives someone a positive outlook in life and this is reflected in his performance in his job, in his relationships and basically in everything that he does.

Here are 10 helpful tips on how one can boost his self-esteem.

1) Accept yourself

People should remember that everyone is unique and beauty is to be found in every human being. Yes, other people can be better in doing certain things but this fact shouldn't hinder people from being the best that they can be.

Everybody is special and unique. A person's true worth cannot be seen in only one dimension of his life. For example, people usually envy the rich, thinking that they have everything and thus they are the happiest people in the world. However, the best things in life can never be bought by money. Stories of unhappiness among the rich are everywhere around us and this is a sign that wealth cannot be equated with happiness.

2) Self-Appreciation

Accepting oneself is different from appreciating oneself. Self-acceptance is a pre-requisite to self-appreciation but the latter must always be present. One might accept oneself under a pessimistic light and this is not very healthy. "I accept that I cannot do the things that I really want to do because I am weak" is a sample statement which depicts an unhealthy self-acceptance.

Appreciating oneself under a positive light is a definite self-esteem booster. One must highlight the good things about him and try to reinforce them and be better at those things.

3) Refrain from Comparing

Low self-esteem can be brought by the environment. Again, this can be traced to the lack of self-acceptance. Everybody is different and you have qualities that no other person has. A general sense of self-worth should be built without comparing oneself to other people.

4) Don't Put Yourself Down

Nobody's perfect. Making a mistake is definitely normal and people should start accepting this fact. People with low self-esteem tend to put themselves even lower by continuously and harshly putting themselves down. An inner voice which reverberates inside their heads tells them that there is no hope. This should not be the case and having control over the inner voices can be the solution for this problem. Cut yourself some slack, you've done your best and that's what's important.

5) Befriend Positive People

Having friends who are positive towards dealing with life's challenges can influence someone into seeing life in the same light and eventually build his self-esteem.

6) Remind Yourself of the Positive Things About You

Again, there is beauty in everyone. Remember all the things that you like about yourself and the good things which you have done and make a list of the most striking ones. This will help in self-appreciation and definitely give you something to smile about.

7) Use tools

Buying books, cd's and other materials about building self-esteem wouldn't hurt, would it? These materials can definitely provide some informative ways on how to deal with low self-esteem. However, buying these materials would be useless if the lessons which they give wouldn't be applied in real life.

8) Engage in Fun Activities

Having fun once in a while releases stress, takes the negative ideas out of one's head and leaves space for positive thoughts to fill in. Having fun makes one feel happy about oneself.

9) Hangout with Friends

Having fun can be done privately but nothing beats fun with friends. Friends are usually a part of the primary support group of a person and can provide much needed conversations for a down-and-out person.

10) Seek Help

When all else fail, seek professional help from a psychologist. There's nothing wrong with taking care of yourself since low self-esteem can lead to more serious problems.

Having low self-esteem can be solved with the right tools and the right attitude. Loving yourself is the ultimate way which leads to a healthy and a better "you."

**** Bonus Articles ****

We always believe in providing immense value to our readers. Hence we are adding several bonus articles that give you more information on this subject. Enjoy!

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The Band Offspring's song on Self-esteem

Any fan of rock music would be familiar with the band Offspring. The band's album titled SMASH was what gave them the first taste of true success, and it sold over eight million copies around the world. Self-esteem was one of the tracks on this album, and as the name suggests, it speaks of the importance of self-esteem. To be precise, it speaks of the destruction that low self-esteem can cause in your life. Here is a little more about the song:

This song speaks about a man who is trapped in a relationship that is destructive to his own self. The relationship is with a woman who he loves. It speaks of a woman that the man has written off and wants to leave, but being an emotionally weaker person, he just cannot do it when he is face to face with this woman. Rather, he spoils her when he sees her, thinking that he may have been wrong about her all along. The man then goes on to say that later he is confident that she is using him and he still doesn't do a thing about it. He has begun to enjoy the feeling of low self-esteem. Although this man knows that the woman is just playing around with his emotions he does not do a thing about it, because he himself has written himself off as a person with low self-esteem.

The singer then speaks of the man making plans to take his lady friend out in the evening. She totally disregards his plans and does not care to even tell him that she doesn't want to go out. After waiting till the middle of the night, the man feels rejected and abused once again, and feels that he may yet leave her if she keeps treating him this way. So we see a repetition of feelings of rejection and abuse, and still no effort on the man's part to help him self get out of this destructive relationship.

We then are told that the woman lies to this man that she loves him, while she sleeps with his friends every now and then. One can only imagine the destruction this piece of information can cause to the poor man's psyche. The man fools himself into believing that the more he suffers the more his love for the woman is proved, and so he remains stuck in this vicious cycle of abuse and forgiveness.

Yes this is only a song, but you would be surprised to see the number of people who are stuck in such a cycle of events, and the popularity of the song is proof of the existence of this large number of people. This song well explains the state of mind of a weak person who is in an

abusive relationship with an emotionally stronger person. The truth is that no one can hurt you unless you let them. Forgiveness is not wrong. But forgive for the right reason, not because you are too weak to leave the other person – that is just insecurity and not the right motive for forgiveness. Make sure your self-esteem remains in tact, and you will never see such a situation in your life.

Song Lyrics - “Self-esteem”

The punk rockers from Orange County California better known as “The Offspring” have sold more than thirty-two albums all over the world. They broke into the scene with their debut album “Smash” which smashed all records by selling the maximum number of copies ever by an independent label. Their style is an interesting blend of grunge, ska and heavy metal.

“Smash”, their debut album was produced under label of Epitaph Records. Powered by the popular singles “Self-esteem”, “Come and Play” and “Gotta Get Away”, this album broke all records and sold a phenomenal eight million copies. The band has been significantly inspired by Circle Jerks, Social Distortion, Black Flag, TSOL and Descendants.

“The Offspring” was given birth by Bryan “Dexter” Holland and Greg Kriesel in the year 1984. Both were a part of the cross-country team in their high school and carried on together from there. They were joined later by their school's janitor, Kevin “Noodle” Wasserman. They started off with session drummers for their band called “Manic Subcidal”. However, later, in the year 1987, the band was rechristened as “The Offspring”.

Presently, the band's artist line up includes Dexter Holland – vocals and rhythm guitar, “Noodle” Wasserman on lead guitar, Greg Kriesel or “Greg K” on bass and Atom Willard on drums.

Self-esteem's lyrics are filled with feelings of inferiority complex resulting in devaluation of an individual's true worth. This kind of behavior makes a person go through the trauma of even an emotionally abusive relationship without uttering a single word or complaint. One is so unsure of one's capabilities that he/she just can't let go. The song personifies the feeling “Ignorance is Bliss” quite perfectly. One is so blinded by the comfort of a dysfunctional relationship that he/she readily agrees to compromise on their dignity and self respect.

The song lyrics go like:

SELF-ESTEEM Lyrics

(Artist: "The Offspring")

I wrote her off for the tenth time today
And practice all the things I would say
But she came over
I lost my nerve
I took her back and made her dessert

Now I know I'm being used
That's okay man cause I like the abuse
I know she's playing with me
That's okay cause I got no self-esteem

We make plans to go out at night
I wait till 2 then I turn out the light
All this rejection's got me so low
If she keeps it up I just might tell her no

Chorus

When she's saying that she wants only me
Then I wonder why she sleeps with my friends
When she's saying that I'm like a disease
Then I wonder how much more I can spend
Well I guess I should speak up for myself
But I really think it's better this way
The more you suffer
The more it shows you really care
Right? yeah yeah yeah

Now I'll relate this little bit
That happens more than I'd like to admit

Late at night she knocks on my door
Drunk again and looking to score

Now I know I should say no
But that's kind of hard when she's ready to go
I may be dumb
But I'm not a dweeb
I'm just a sucker with no self-esteem

Chorus

When she's saying that she wants only me
Then I wonder why she sleeps with my friends
When she's saying that I'm like a disease
Then I wonder how much more I can spend
Well I guess I should speak up for myself
But I really think it's better this way
The more you suffer
The more it shows you really care
Right? yeah yeah yeah

How Self-esteem Workshops and Seminars can Help You

Self-esteem basically deals with how a person thinks about his or her own self. It is the mental self image that we have of our selves, and can play a huge part in your success or failure as may be the case. A person with good self-esteem thinks positively about them self, while the person with a low self opinion is flooded with negative emotions. Gillian Butler and Tony Hope, through their book titled Managing Your Mind, tell us a lot about the characteristics of low self-esteem. In fact they give us a list of synonyms that describe low self-esteem-

- *The feeling that no one loves you
- *Too much dependence on others and an inability to make decisions independently
- *Feelings of jealousy
- *Too much worry
- *Too much fear of trying new things in life
- *Trying to be perfect all the time
- *Difficulty in recognizing feelings in the self and in others
- *Feelings of frustration
- *Too much Anger
- *A need to be better than others
- *Poor performances at work or school
- *Too critical of your self and of others
- *Too much bad health
- *A poor stance and posture
- *Refraining from looking at people eye to eye
- *Drug and Alcohol abuse
- *Bad eating habits
- *Feelings to hurt yourself

It is true that the best time to get a high self-esteem is when you are a child, but that does not mean you cannot help it once you are an adult. When you are a child you cannot control your surroundings but when you are an adult you can do so, you are in control of your life. Attending a self-esteem seminar is one of the best options for adults looking to improve their self-esteem. These seminars normally last from one to three days and can do a lot for your self image.

When you look at the most successful people in life you will understand how much a healthy self-esteem can do for you. The reverse is true as well – most of the problems faced by society today can be traced back to low self images that people carry of them selves, which can turn them to be destructive towards themselves and to others in the society as well. If you find your own self in such a frame of mind, maybe you should consider attending a good self help seminar. If you feel you do not have the time or the money to attend such seminars, that shouldn't stop your efforts to improve the self image. You could always opt for self help books and articles and e-books on the net. After all, it is you who will benefit from this process, so don't give up easily. Don't give up till you have a healthy self image and thereby a successful life.

Seven Easy Ways To Develop Self-esteem & Self Confidence

The heading must mean something to you, or you could be genuinely interested in the same yourself.

In case, you are extremely discontented by what the common public would term as "a miserable private life", then you should be aware that you have to ring in some changes in your personal life. Certainly, "a miserable private life" can denote many things. But usually, it indicates that the individual suffers from an absence of self-confidence plus his self-esteem has touched rock bottom. Therefore, if you wish to introduce changes in your personal life and reverse your present condition into being a thriving and contented person as you expect to be, you require to pick up and concentrate on the below given suggestions.

Seven Easy Ways To Develop Self-esteem & Self Confidence

1. Improve your interpersonal skills

In case you are short on self-confidence and possess little self-esteem, you without doubt have little or no social life. Now, this is due to the fact that you lack sufficient guts to interact with other people.

In such a case, it is very important that you improve your interpersonal skills. But, how is this achieved? Begin by becoming a member of a group and start to be more friendly and approachable and believe in the people you meet. You can begin with a dear friend, whom you can rely on and act on your social scene from this point. Alternatively, you can attend programs, workshops, and seminars, which would enable you to develop your self-confidence as well as boost your self-esteem. Diffidence and apprehension are your most awful adversaries if you wish to be amicable with other persons; hence you must fight them tooth and nail.

2. Hone your communication abilities

Dearth of self-confidence as well as little self-esteem may be due to lack of or extremely poor communication abilities. Now, what is required of you is that to understand how to carry on a conversation. You need to meet and associate with a number of people. However, opt for

people you can count on. If you feel that nobody can be relied upon, begin with members of your family or expert therapists.

3. Learn to have an optimistic attitude in your life and yourself

Adopt a frame of mind that makes you really feel good with every passing day. This ensures that you have a cheerful and positive outlook about life in general and yourself in particular. How can this be done? Begin your day in good spirits and a happy smile. While it may sound clichéd, beginning your morning on a happy note tends to make the remainder of the day enjoyable and fun.

4. Never aspire for perfection

In case you seek perfection, you will just end up being discouraged and upset with yourself. Nobody is perfect and that applies to you, too. Therefore, when you plan your objectives strive for the very best but also acknowledge the probability of lapses.

5. Dump self-consciousness

Self-consciousness is the very reverse of self-confidence. Therefore, if you wish to develop self-confidence, you need to dump your self-consciousness. In order to achieve this, you should not think about the fear of embarrassment and censure. Rather, distract yourself by thinking of the wonderful things that life brings. Speak to yourself and learn to be poised and assured in whatever you do.

6. Never focus on your setbacks

This means that you require to be upbeat and hopeful. Do not worsen things by brooding over all the depressing things that you have gone through. Concentrate on your accomplishments instead.

7. Look after yourself

Eat healthy, obtain adequate sleep, and work out. Adhering to these three things would ensure you feel good, both within and without. This is a sure-fire way to develop your self-confidence as also enhance your self-esteem.

Once you have followed these steps, you will certainly notice the change in yourself. Before long, you can pronounce that, "developing self-esteem and self-confidence is the secret to success!"

Building Confidence and Self-Esteem - Back to Basics

Summary: There are, in every person, 2 traits that have a dramatic impact on that persons life, and success or failure therein. These traits are confidence and self-esteem. And it all starts with the parents.

There are 2 major qualities that practically define a person and how far they will go in life. These traits are confidence and self-esteem. Someone who lacks these two qualities will often fail to succeed in life, and become what is called a "loser". No one wants to be a loser, but they do exist in society today, just as they have existed for hundreds of years. People with low confidence and self-esteem often have problems holding down a job, have little ambition or drive, and are generally a drain upon society. Building a persons confidence and self-esteem starts when they are very young, with their parents and home life.

Helping Your Child Succeed - Confidence and Self-Esteem Building

Everyone has challenges. How a person deals with those challenges stems from how they learned to deal with problems when they were young. And learning to meet these challenges head-on, and build confidence and self-esteem, starts when a person is young. Here are some tips for parents to help build their child's confidence and self-esteem.

Acknowledge the Good

There is nothing worse for a child's confidence and self-esteem than coming home from school with their shiny "A" or completed school project, and having a parent display no enthusiasm or give no praise. If your child accomplishes something good, let them know! Frame that report card, or medal, or whatever. Show that it means something, both to you and your child, when they do something well. Not only will this build the child's confidence and self-esteem, but looking at last semester's report card and remembering the praise, or the dinner out, or however you rewarded your child, can give them the drive to do it again next semester.

Reinforce the Positive

A positive take on life on the parents part directly translates to their children's' outlooks. A parent who is pessimistic and acts beaten by life will instill those values as easily as a parent with sunny outlooks, even in the face of life challenges, instill that in their children. The way a child meets challenges has a direct impact on both their confidence and self-esteem.

A parent shouldn't call out the negatives they see in everyone around them. They should be thankful that their child and life is sound and healthy, without giving the child the impression that they are "better" than a less fortunate child or family. A false sense of intrinsic worth based on the misfortune of others can lead to low confidence and self-esteem later in life.

If the parents have given their child a task to do, and they complete it well, praise them! A parent must be consistent, however, and be sure that you really mean it. Few things can hurt a child's confidence and self-esteem like hearing their parent talking about how bad they performed a task to another person, after the same parent gave the child praise for a task well done. If a parent's child is not performing as well as they should be, don't criticize and be nasty about the child's shortcomings. Rather, the parent try to explain how they could be doing better in specific areas, while still pointing out the things the child is doing well. All this leads to greater confidence, and thus, self-esteem.

Take an Active Role

A parent should always do their best to participate in their child's life. Parents, go to after-school activities! Watch their performances! Cheer them on! A child who sees his parents don't care about something will wonder both why he or she should care, and why his or her parents don't care about them like the other kids parents do. This can be a major blow to a child's confidence, self-esteem, and drive.

It all Comes Back to the Parents

If a parent gives their child the kind of attention and love discussed above, then their child will be successful. High confidence and self-esteem are absolutely vital in preparing a child for the future. Don't condemn them to a life of mediocrity and therapy sessions, get involved, show support and love, and the rest will follow naturally.

Building Your Partner's Self-Esteem and Confidence

Summary: Building Your Partner's Self-Esteem and Confidence - A guide to understanding your partner's needs when they are facing difficult times, and how to boost their Self-Esteem.

As life partners, couples are responsible for each other, in taking care of each other's needs. This is even more so when dealing with psychological matters. It is very important for a person to strive to help their partner to improve on their Self-Esteem at this difficult time.

This is the opportune moment of expressing your love for your partner and to show that you care, by helping him or her to improve on their Self-Esteem. By boosting their Self-Esteem, you improve your chances of a longer, more stable relationship, which is what most couples hope for in a long term commitment. Relationships can continue to be successful if both partners are akin to one another, whether it be on an emotional or psychological level. Maturity is an indication when you have a healthy Self-Image and Self-Esteem. The following are ways to help your partner improve on their Self-Esteem:

Acknowledge that no one person is 'perfect'.

Always bear in mind know that no one person is perfect, so you shouldn't expect that of your partner or yourself for that matter. Believe, instead, that there is the capacity for everyone to change if they want to. So, whatever, the current state your partner is in, know that this situation can just as easily change given time and effort.

Be accepting of your partner for who they are as a person, an important point to keep in mind. We are all individuals. You should never say to your partner that you wish that they were someone else, as this may have a lasting, damaging effect which can take a long time to heal, and a lot of effort to repair. If you really love your partner, accepting who he or she is really counts, along with their flaws and shortfalls.

Do not hold back on giving praise and compliments.

If your partner has accomplished something that is worthy of praise, then feel free to praise or compliment them for their efforts. This is most effective, if you give your partner at least one

compliment a day. Compliments, no matter how small, mean a lot. As an example, when your partner is getting ready for work, let them know in words how wonderful they look in their office suit; or if they are wearing a new after-shave, or perfume, tell them how good they smell. That should give them a smile that will last all day!

Giving your compliments not only works wonders for improving your partner's Self-Esteem; it can also bring more magic into your relationship. Always avoid giving harsh criticisms.

By paying compliments you shouldn't feel that you have to lie, but you should also be careful not to be brutally frank. If you don't like what they are wearing it is better to say instead, that you preferred what they wore last week, than to say that they look awful.

Keep your ears open at all times - listen to your partner.

One of the key secrets to a lasting relationship is good communication on a daily basis. It is equally important to listen to each other, as it is to talk to one another. Be your partner's most captive audience. Whenever he or she is saying something, always give them your full attention. Knowing that you are listening attentively, is a huge confidence booster for anyone, so increasing his or her Self-Esteem.

By following the guidelines above, you can help your boost your partner's Self-Esteem and Confidence. Once your partner's Self-Esteem has reached an acceptable level, you will notice that your relationship has also improved along with it. So it is truly worth taking all the time necessary to do these things - right now!

Building Up Confidence and Self-Esteem In Your Children

Summary: Building Up Confidence and Self-Esteem in Children - The Step-by-Step Guide of building your child's Self-Esteem, so that they become a confident person that anyone can be proud of.

For any child to succeed in life, you must build up their Self-Esteem. Once they have this, later on as they grow up, they should be able to succeed in achieving some of their ambitions which they have dreamt about; this can happen with encouragement of the parents and teachers which all plays a part in 'shaping your child'.

The moment commences right at the birth of a child. Parents smile at the first glimpse of their child, the moment they utter their first words, the moment they can stand and take their first few steps, unaided - throughout every stepping stone in their life.

Parents may not even realize that at this stage, a child is able to accept acknowledgement through spoken words and any signs of affection. An effective way of building up their child's Self-Esteem is by regularly giving the child lots of praise.

Some experts believe that if parents do this too often it can have consequences. This can be for two reasons:

Firstly, if a child does something to be proud of the praise they receive will be what they come to expect. Besides the parents, the child will come across millions of people in their lifetime, and they soon realize that words of praise are not as forthcoming as they had come to expect. They will not be rewarded for everything good deed.

Secondly, a young child does not always do things correctly. Sometimes they are badly behaved and unless a parent does something about this, a child will not learn the difference between what is right and what is wrong.

Another part of building up Self-Esteem includes knowing when to give constructive criticism. This is by explaining to a child when they have done something correctly and also when they have done something in the wrong manner. There are always many ways of approaching a

situation and sometimes when you review what you have done, you realize that you could've handled it differently. The parent must also be able to achieve a balance in criticizing a child, as too much can dent their confidence, as time and time again they are corrected on their behavior and they will feel personally attacked.

Parents do this not only to turn the child into somebody they can be proud of such as God when he decided to create a man, but simply so that their child becomes a person that is an active member of today's society and live as a law abiding citizen or by any given rules.

Thirdly, another way of building Self-Esteem in your children is by the parents setting a good example. The actions being displayed by the mum or dad play a major role in the how their child develops. Those that swear, will often be surprised when one day the child comes out and does the same. Parents are the first role models that a child will come across.

Although by watching film and television, this can also play a part in what a child picks up, parents are generally there 24 hours a day, 7 days a week, which is much longer than what an hour or two of a programme can do to influence a child.

Parents are the ones that must set an example for their child to follow. Even if either mum or dad as a child, did not have much self worth or pride their children should not have to go through the same experience. These people learn from their mistakes made before and try their very best to prevent this happening to what will be the future generation.

It is never easy to bring out the best in a child. There are always trials ahead, and those who succeed can be proud of seeing their son or daughter graduate from high school or college, and instill these same qualities in their own children.

Building Self-Esteem Through the Eyes of a Child

Summary: Building Self-Esteem Through the Eyes of a Child? The essential guide to building up your child's Self-Esteem and more! Watch your child grow in confidence!

Our children are our country's future. Without proper training, they will not learn the skills passed down from the older generation, and they will not learn to advance which is what we expect of our children. It is important that parents, teaching staff and our friends all help in building Self-Esteem in a child.

Parents should begin at home by showering affection by rewarding good deeds and also acknowledging them, whilst untoward behavior must be met in a subtle, but effective manner.

Self-Esteem isn't just about giving words of encouragement. You should also teach your child to become independent - parents can do this by allowing their child to learn a new hobby, sport or musical instrument.

When a child is old enough, they may want to take on a paper round, or carry out chores like mowing the lawn for extra pocket money, which teaches them what it is to work hard, rather than it being carried out by you or another member of the family. It also gives them satisfaction if they are helping family out.

Parents must always keep an open mind when communicating with their child. School can encourage untoward behavior, as they mix with other children and they may give in to peer pressure. Your child may think that something is cool when it is actually a silly prank, so legal guardians have to remain vigilant at all times.

In school, teachers serve as your child's legal guardians. Grades are just one way of measuring how well a child is progressing or not; look out for evaluation exams or disciplinary records, that other institutions may administer. This gives you a fuller picture and a better understanding of how well a child is developing.

If your child is getting low grades, or getting into fights, this can be very alarming. A child's low Self-Esteem could be down to their not digesting what is taught in class or it could be that there

is a problem at home. This matter, would involve calling in the parents and principal, and sometimes even a Child Psychologist.

Children make lots of new friends in school. Some may even become lasting friendships that last a lifetime. Building Self-Esteem in a child also involves making sure that they hang out in the right crowd. Being with people who share the same values as well as being different, all help to make someone into a law abiding citizen.

Parents are usually to blame if they don't encourage Self-Esteem in their child, and seemingly become a part of the 'Yob Culture' of today's society. Numerous teens that have been arrested as part of a group involved in shooting sprees around the country, have been tried as adults once a case has been brought to court.

Self-Esteem is not something that is inherited at birth. It is developed at those crucial early years by words of encouragement and actions. Is there such a thing as too much praise?

Some people agree that there is as failures can also teach a person to learn more and become a stronger person than they were to start with.

Is it ever too late for anyone to build up their Self-Esteem? The answer is no, as we continue to learn whilst we are still alive, so one can always evolve into a better person!

There are many resources about Self-Esteem - books, tapes and DVD's. There are also professionals in counseling. These, together, with shared experiences from family and friends, can all help to shape your child, so that they become a productive member of society. They may even be a role model for others! What a proud moment for any parent or guardian!

Building Self-Esteem and Confidence in Teenagers

Summary: Building Self-Esteem in Teenagers - the essential guide for any parent or guardian to help their teenagers grow from a child into a confident, responsible adult.

Every parent, ideally, would like their child to develop enough Self-Esteem so that they can succeed in life. This all starts the moment a child emerges from birth, and continues as the child ventures out into the world, as they mature into adulthood.

Studies show that there are two ways in Self-Esteem is defined by adults. This is how adults can perceive oneself, to others. Teens, on the other hand, feel that if they are to fit in with the rest of their peers, they have to act cool and join in with others.

Is there a reason for this difference? This could be due to the age gap as adults have had time to experience more and can distinguish between important matters against trivial ones. Teenagers are still in the learning Process and finding their feet.

So, what changes should adults make in order to continue to build up Self-Esteem in a teenager? Teens are in the age of discovery, so the best thing an adult can do is to be open to answering any questions on particular subjects, and support each individual in the choices that they make.

For example, if a teenager wants to try out for the football team, parents hope for the best for them that things will work out fine. Others, will want to look out for their child and try to avoid them hurting themselves in any kind of sport.

Parents also discipline a teenager for any wrong behavior which is another part of building Self-Esteem. They should explain why they have done something wrong which is better than yelling, to enable the individual to understand what is unacceptable behavior, in the hope that they will not make the same mistake again.

Another way of to build Self-Esteem, is that parents should know when to comfort their child when things don't quite work out. If parents decide that they have to go their separate ways, a

teenager will feel devastated if a couple break up, as it is their first love which comes from both parents. All parents can do is say that everything will work itself out in the end, and maybe, someone better will come along in the future.

Self-Esteem does not come from just the parents; it also comes from teachers your child meets when they start school and those that are considered friends by the teenager. Other adults then hold the responsibility of 'molding their child' into respectable adults.

Friends are very much like parents, in being able to offer comfort if their son or daughter feels they are too ashamed to open up to them about certain issues in life.

By building Self-Esteem, this helps the teenager to evolve. A person can change if they feel the need, or they can stay where they are if they happy - their 'comfort zone'. Life doesn't always turn out as one would expect, so this is gives the perfect chance to start afresh, as though giving oneself a new lease of life.

An individual eventually learns that Self-Esteem is innate, once they have discovered their strengths and weaknesses. They can adapt by focusing on what they are good at, and learn to acquire new 'tricks' to improve on those weak points as they come across them.

It is true to say, that when all else fails and the teenager feels like they have a heavy load on their shoulder, it is the parents that they can turn to. This is the biggest responsibility of being a parent, and once their son or daughter grows up and ,maybe, decides that is time to have their own children, the guardians can take a break.

Activities for Building Self-Esteem in your Children

When bringing up a child, one of the biggest concerns that face parents is their child's Self-Concept and Self-Esteem. Parents must try to find a balance when teaching their children how to value themselves and their natural abilities; allowing them enough independence to grow and learn to make their own decisions, whilst at the same time guiding them on the right path. This gives them Self-Esteem.

Allowing your child too much freedom can make them rebellious as they get older, whilst if you are overly strict this can lead them to losing their independence and self confidence; which may lead to dependency on others. They may be not be able to face the big, wide world on their own which is what any parent would wish to avoid - a child that is too clingy.

Anyone can develop Self-Esteem at any age but encouraging your child to learn from an early age and praising their individual talents, will help to build their trust in their own decision making, as they grow in confidence and learn to recognize their own natural gifts - a step towards building their Self-Esteem.

The following are activities to help increase your child's Self-Esteem:

Self-Affirming Statements

Stand facing a mirror, telling yourself what a great person you are; this may seem childish, but for a child, it is a great, fun way to boost their Self-Esteem as well as yours - try it! You don't have to stick to the mirror process, but make up your own words of 'Self-Affirming Statements'. Remember to stick to these basics and you should do fine.

Create mantras that a child can remember easily. Each morning, start by saying the mantra to your child, and have them repeat it back to you so that it becomes their mantra. They do not have to be statements about yourself, they could be about each other, such as, "I love you", or statements about complimenting each other. The mantras can vary, as long as the essence is on 'affirming oneself'.

The Positive Trait Game

The Positive Trait Game is an activity that boosts Self-Esteem as well as helping to increase your child's vocabulary. The game involves telling each other a Positive Trait that you can see in the other, by using a word - only the key point of the game involves thinking of a word that begins with a specific letter of the alphabet. The child learns by picking up new words that they haven't come across and understanding their meaning for future use - that is to say they are increasing their vocabulary.

This encourages your child to think positively about themselves; to acknowledge and recognize their own unique traits and talents. They will grow up knowing where their strengths lie.

Engaging In Activities That Your Child Love

Involve your child in a variety of activities that will encourage their own talents and abilities. Be open-minded and enroll them in Summer classes, including activities that are new to them, to broaden their horizons and increase their skills. Even if they don't enjoy themselves, at least they will have acquired new skills. Helping them to discover new talents that they are good at, will boost their Self-Esteem at an early age. What better way to increase their enthusiasm to learn and develop more!

How to Develop Self-Esteem

Summary: Ever wondered how we develop our Self-Esteem? Read on and discover how to become that special someone that we can all be proud of!

As children are growing up, parents find that one thing they are mainly concerned about is addressing the development of their child's Self-Esteem. We use Self-Esteem to judge how much we respect ourselves and more importantly, to love ourselves just the way we are.

We can develop Self-Esteem at any time in our life, but in order to build up a good foundation it is better to start in the formative years as we are growing and developing.

In psychology scientists and other experts believe that how much Self-Esteem we have depends on luck itself. Some babies are naturally born with a lot of Self-Esteem and others need to develop it further. They also believe that parents are born with a high Self-Esteem then the likelihood of producing babies with a high Self-Esteem is better.

It is not a proven fact whether genes or how we inherit our personality contribute to this factor; although some evidence shows that there could be a genetic link.

What we are born with does not predict what you are going to be like for the rest of your life, so it doesn't matter if you are born with low Self-Esteem. It can be developed at any age, so starting young gives you a good foundation to build on. Whatever we experience in life can change the levels of our Self-Esteem - that is to say that it can fluctuate.

There are many factors which can affect the way we develop our Self-Esteem, so this could in effect bring about low Self-Esteem. To a child growing up, how they are treated by the parents can have a bearing on how they think they should treat themselves, as well as their perception on how they allow others to treat them.

Group social interaction in our lives can affect the way we think - the difficulties that we face can sometimes be traumatic, leading to low Self-Esteem, and at the opposite end of the scale our happier times can increase these levels.

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How we choose our friends can be a factor that will determine how much Self-Esteem we have. Those that boost your confidence and are influential can do much to help us develop, whilst those who continually undervalue us with putdowns can leave us feeling at a low ebb.

Being surrounded by people who continually praise us and point out our abilities and other gifts, increase our self confidence, because they show that they believe in us. Placing that trust and planting these thoughts in our minds about how good we are at doing things, help us to work better. This cycle of positiveness will give us high levels of Self-Esteem.

The activities that we choose to do can also be a factor in how we build up our Self-Esteem. If you enroll on a course at College and you find that you are stuck with something you don't enjoy, this can lower your Self-Esteem, whereas a course that you really enjoy would do the opposite by making you feel more positive.

Taking part in things that you enjoy and love can build up your Self-Esteem so much that you feel a lot of enthusiasm and can give your best. As a result, you can succeed in achieving and accomplishing something that you can be proud of - increasing your Self-Esteem!

Why Self-esteem Determines Who We Are

Summary: What Self-Esteem is, how it can affect our lives, and how to follow our dreams and ambitions. How to succeed in life!

Self-Esteem plays a great part in how well we do in our lives, which isn't that obvious to us, so it can determine how successful we become. Our views of ourselves, what we think of our abilities and innate talents, affect our thought patterns. These thoughts are then turned into actions.

The actions we take in life are very important, as we use them to realize our dreams. If we do not reach the goals we set for ourselves, or fulfill our dreams, it could be that we are not taking the right steps towards reaching our potential, or that you are actually doing something wrong. Most people do not realize that there is a link between our thoughts and actions. When you have positive thoughts, your actions are very positive, and at the opposite end of the scale, if you have negative thoughts then you are likely to project that into negative actions and may become inactive.

We all have dreams and ambitions and to fulfill those does take time. What gives you the drive and determination to succeed is high Self-Esteem. This can give you that extra push and willpower to reach your goals. Low Self-Esteem can, as a consequence, be a stumbling block to reaching your potential, as the difficulty you face is being able to carry out the actions necessary to help you reach your goals.

Basically, Self-Esteem is about how a person views themselves and their abilities. Feeling positive about oneself will give us high Self-Esteem; having a low opinion about oneself will in effect give us lower Self-Esteem.

We lower our Self-Esteem by personal criticism, which is the worst kind as this can be soul destroying. You should not tell yourself, "I cannot", or "that is just so impossible" as criticizing yourself leads to self doubt. It is better to use positive words and thoughts that instill confidence in yourself, then you can achieve anything you set your heart on. Believe in who you are!

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So, what should you do to build up your Self-Esteem? Your thought patterns plant the root feelings which we then act upon, so it is important that you try to keep positive thoughts which you find beneficial. It is best to focus your attentions on your successes and your achievements, rather than your failures and losses. We all mistakes, but it is best not to dwell on them. By looking at your past and remembering what you've achieved isn't part of vanity, it's acknowledging and recognizing your abilities.

We have all accomplished something in life and by sitting down and making a list of all those achievements, it allows you to look back and remember those great moments. You can relive the hurdles and obstacles that you overcame to meet the challenges you faced; it is quite a surprise when you see that you have already achieved so much in life. At times when you have the greatest feelings of self doubt, this list is something you can refer to remember those wonderful achievements. As you succeed in doing more things, you can add them to your list.

You should always remember that Self-Esteem and success in life are correlated, so work at improving the quality of your thoughts for future success.

Dynamics of building self-esteem in children

One of the main things that a person should have in order to become successful and to lead a long and happy life is to have a full trust in himself and his capabilities. Loving yourself enough to know your limitations and your strengths is one of the ingredients in leading a life of contentment.

There is really no sure answer as to how and where self-esteem springs from. Some psychologists say that it is the function of the personality that has been acquired from both parents. Parents who have high self-esteem will most likely produce children who are also confident.

Some sectors however say that genetics does not play a role. Rather, it is the function of chance. Some people are just born to have high self-esteem while others are born with low ranges much like what happens with intelligence quotients.

Some psychologists however argue that most of the development of the self-esteem happens in the environment. Personal experience, parental practices, choice of friends and discovery of talents play a major role in determining just how much self-esteem a person will develop.

Personal experiences come in the form of bullying in school and social group interactions. Children who have experience much bullying in school will develop low self-esteem. The same goes with children who remain on the outside of the social group.

Parental practice and the example that they give can also play a large role in determining the development of the self-esteem. A person for instance who has parents who trusts him to make his own decisions, is not over-protective and treats him like an adult will most likely have high self-esteem compared to children who have parents who coddle him, those who are strict and those who see him so helpless like a child, incapable of making his own decision. It is important then for parents to think about their parental behavior for they will greatly affect how their child will grow up.

The choice of friends and the social group that one belongs to can also cushion and develop the self-esteem. Becoming part of a group that embraces a person's individual traits and respects

their own opinions will help develop the self-esteem. This is rapid contrast to a social group that seeks to put down the person. Social groups can also cushion the person against the threats of outside forces that can destroy or lower the self-esteem.

Cliques can also play a role. Being part of the high school populars, for instance, can strengthen one's ego compared to being part of the group that is ostracized.

Having a talent or an ability that can stand out from the crowd is also another thing that can boost a person's self-esteem. If he can offer something that people will admire, his trust and confidence in himself will strengthen. Affirmations, accolades and admirations are great ego boosts to people. This is perhaps why people who have achievements because of their own talents have higher self-esteem than others.

Still, having high self-esteem in one aspect of one's life does not mean that the high self-esteem will also apply in other sectors. For instance, a person can be ultra confident in one's school work but become a bumbling idiot when it comes to social interactions and emotional entanglements. There are only a few people who can achieve the right balance of self-esteem in all aspects of life.

Developing Self-esteem During Childhood

The building of self-esteem starts in childhood. This means that as parents you have a responsibility to help your son or daughter to have a healthy self-image of him or herself. A healthy self-image is the cornerstone of good self-esteem.

How important is self-esteem in a child's development? Developing self-esteem during childhood is very crucial. This is because it could affect the child in every stages of his or her development. How he looks at him or herself will definitely affect his or her future relationships, career development, confidence, prosperity and even happiness. Studies have shown that one of the traits happy people share is having a positive self-image of themselves.

How does a parent that his or her child has a healthy self-image? There are several ways to do this. Below are just some of the things you can do to develop your child's self-esteem.

Never compare your child with other children

The single most devastating thing a parent can do to ruin his or her child's self-esteem is to compare him or her with other children. Unfortunately, comparisons are very much a part of our culture particularly our schooling system. One of the ways a child gets compared to other children is through peer pressure.

Every child knows that there is tremendous pressure from other children, particularly from the ones in school to conform to the ways of a certain group. That is why in school you can see several cliques and these groups can be identified with different labels. There are the jocks, the jerks, the nerd or geek, the addict, the slut, etc. These groups are inherently not bad but oftentimes group's identity precedes the individual's identity which could lead into a loss in identity and eventually low self-esteem.

To most adults these are just groups and labels but for a young innocent child the cliques are their world. Your child intentionally or not gets labeled and his or her tendency to is group with the ones with similar ideas and interests.

Always praise and encourage your children

When you talk to your child, always remember to use positive and encouraging words. If your child has done something praiseworthy then do not hold back on the kind and beautiful words. Doing so will do wonders for your kid's self-esteem. It does not matter whether the act is big or small. If he did something good then praise him for it. There is nothing more discouraging than the feeling of not being appreciated for the things that you have done.

Praising and encouraging children provides them with a positive self image of themselves. For them, it means that they are important enough for you to notice and recognize their achievements in life.

By constantly giving kind encouraging words to children, you can ensure that they will grow healthy psychologically.

Of course if they did something wrong, children should be reprimanded. But should do it in a way that it won't hurt their ego and damage their esteem. Whenever they have done something that is less than desirable always make it clear to them that you are not in favor with the deed and not with them.

Remember, developing your child's self-esteem is very important in his or her progress. Just follow the guidelines to make sure that your kid will grow up mature emotionally and mentally.

Building self-esteem in teens

Adolescence is perhaps the most complicated in one's life. Although adulthood can be pretty complicated too, nothing can match the adjustments that we have to make during this period of "growing up."

In addition to the usual stress that physical changes and hormonal changes in the body give, adolescents also have to deal with changes in their social interaction with people. This is also the time or period in their lives when they will experience emotional changes. This is the time when most will first become aware of the opposite sex and maybe fall in love or have a puppy love.

In this period of great changes and upheavals, of scattered energies and differing emotions, a teenager's self-esteem becomes vulnerable.

Although self-esteem is basically developed in childhood through parental love and attention; Only the foundation is built in this period. The essence of one's self-esteem will be solidified during the adolescence period and of course all through adulthood.

This is the reason why it is important to develop a teen's self-esteem further during this period. Unfortunately, social groups in high schools and other social dynamics often lower their self-esteem. Below are some tips to help your teens build high self-esteem.

Give them role models

Parents are of course their children's primary role models. This is acceptable when they are kids but let's face the fact that we can't really compete with younger role models that they are exposed to in the media. People like Lindsay Lohan and Hillary Duff seem more believable and more attractive to teenagers.

Although basically parents should still strive to become a good example to their children, they should also accept the fact that they cannot be their only role models for long. They need other role models who they can really identify with.

The role of parents now should be to help their teens choose role models that are admirable. They should also be taught to differentiate the characteristics that they should emulate and traits that they should not. After all, role models are for guidance and not for copying.

Give them your trust

One of things that will help your child trust themselves and their abilities is for parents like you to trust them. If they feel that you do not respect them as individuals, they will not respect themselves enough to try to achieve things for themselves. If you do not trust them and if you do not have confidence in what they can do, how do you expect them to develop their talents and achieve greatness.

Trust is a complicated issue and most parents will become confused at how to achieve a balance. It is important that parents try though. Too many limitations and restrictions can curb their potentials but too lax may get them lost.

Give them their voice

The right to argue and to explain your side of the story has become only a privilege in most homes. This should not be. Parents also make mistakes. Before judging and imposing sanctions, it is important that you allow your kids to state their case and explain their actions. After which, judge accordingly.

Allowing them their own voice and their own opinions teaches them to think on their own and decide for themselves. Thus, they begin to trust their instincts and develop their self-esteem.

Building Self-esteem

Self-esteem is defined as the way a person feels and thinks about him or herself. It is believed that self-esteem is developed during the childhood years. It is largely affected by how one has been treated by the people surrounding him or her particularly his or her parents.

Many individuals suffer from low-esteem. When someone has low self-esteem it affects all facets of his or her life. Low self-esteem can have adverse effects in one's confidence, ability to build and maintain friendships and romantic relationships, career development or work performance. It could also lead to unhappiness and a generally unsatisfactory life. Self-esteem is rooted in one's belief in one's self. When one doubts or has uncertainties when it comes to his or her capacities then he or she is likely to be suffering from low self-esteem.

Statistics are unavailable but it is estimated that millions of people around the world are suffering from low self-esteem. It affects even those in developed and industrialized countries such as the United States and United Kingdom.

Fortunately for these individuals, there are many ways to build self-esteem. One of the most effective of these ways is to have a positive self image. A positive self image simply means an agreeable or favorable view of one's self including one's talents and abilities and physical attributes. In other words, to have a healthy self-esteem one must be able to like or love him or herself. If you do not like yourself you simply cannot have high self-esteem.

Another way to avoid having low self-esteem is to get rid of negative thoughts. How do you do this? The most important thing is to be able to recognize a negative thought as it enters your mind. One cannot simply will a negative thought away. The most effective way to dispel negative thoughts is to replace them with positive ones. If, for example, you are beginning to have doubts. Then simply replace these doubtful thoughts with thoughts of confidence and belief.

It is important that you change the negative thought immediately and not let it linger in your mind. If a negative thought stays in the mind for a long time then there is the possibility that it could turn into a habit. In which case, it would be very difficult to dispel or get rid of it.

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Another powerful way to deal with negative thoughts and thus build self-esteem is through positive affirmations. These are words that suggest positive beliefs and ideas and are meant to be read or recited repeatedly. One of the most popular affirmation goes like this: In every day, in every way I am getting better and better. If you are having negative thoughts and are suffering from low self-esteem then try to say this affirmation to yourself several times throughout the day.

Finally, you can also improve your self-esteem by hanging out with positive and supportive friends and relatives. This is probably the most effective way of improving ones self-esteem. The words of encouragement and even praises of these individuals can do wonders to your self-esteem. Their love and understanding is definitely more powerful than any affirmation or positive thought. Sometimes just knowing that somebody believes in you makes you believe in yourself also.

Just follow the guidelines above and soon, your self-esteem will skyrocket.

Tips for building self-esteem

Self-esteem is a personality ingredient that one has to have and if possible in great amounts. That is not to say that a person need to be extremely sure of oneself to the point of arrogance; they just need enough amounts to be able to withstand the pressures of life and lead a contented existence.

It wouldn't make much difference if self-esteem can be measured.

This is because there is really no specific amount of self-esteem that one can be prescribed with. Different persons need different amounts of self-esteem the same way that different dynamics or aspects of one person's life require different doses of self-esteem. There is really no specific amount. In fact, different situations also demand different amounts of self-esteem.

Whatever the amounts that you need, there is no argument that one needs self-esteem. It is basically developed during the growing up years in the way we are treated by our parents and the people around us. Parental treatment and social group interaction play major roles in the development of self-esteem. But that is not to say that self-esteem will be a permanent fixture come adulthood. It can still be developed and enhanced, no matter what the age is.

Below are some tips in how to develop the self-esteem, techniques that can work across all ages. Read on and you might get a thing or two that you can apply in your own life or with other people.

Self-affirmation

There is a difference between self-love and narcissism. Although it is not recommended to become obsessed with one's positive qualities, it is not wrong to once in a while acknowledge our achievements and talents. Self-affirmation is a great way to increase our self-esteem levels. Telling yourself that you are great in front of the mirror every morning may seem too much but it actually works in increasing one's self-confidence.

Of course, you don't have to take self-affirmation to the extreme if you don't want to. Sometimes acknowledging the little achievements that you have done at the end of the day is enough to raise the rate of self-esteem.

Doing the things that you love

There is no aphrodisiac that would make you love yourself more than doing the things that you love. When you love what you are doing, you become happier and more enthusiastic. You will also become more interested in developing your skills, thereby improving yourself and allowing you to trust yourself more. Besides, if you are happy with what you are doing, you are more confident with your decisions and your actions.

Voicing out

There is something quite liberating with voicing out your own opinions and speaking your mind. Although there are some people who would try to put you down and argue with what you believe in; there are still people who will respect you for your thoughts. Acknowledging your thoughts and becoming comfortable with your thoughts will allow you to slowly trust yourself; thus increasing your self-esteem.

Accepting that you are not perfect

There is no perfect person in the world. Often, people develop low self-esteem because they try so much to become perfect; but one thing that they have to learn is that they cannot become one because there is no perfect person. All they can be is the best that they can be.

Building A Self-esteem Lesson Plan

Self-esteem by definition is the way a person perceives the self. Those who have a strong belief in one's capabilities are able to succeed in just about anything while those who don't will experience a lot of difficulty in life.

Self-esteem is not something people are born with. This has to be developed and if parents are not able to do a good job, perhaps a child psychologist can help where this is lacking.

Building a self-esteem lesson plan takes time. The way to approach the problem will be through a test. The system itself as many doctors admit is not perfect but this is better than nothing for those who need help.

The exams given by a psychologist is divided into sections. The patient will respond by ranking each question from highest to lowest, selecting an answer from four possible choices, filling in the blanks or completing the sentence.

Here are the seven categories being used by psychologists to come up with lesson plan.

First, there is procrastination. People have different work habits. There is the go-getter and the one who will start something but will not be able to finish it. The results of this category can help a specialist figure out a way for someone to be enthusiastic about studying or doing a task.

There are many "what-it's" in life. Those who know what to do will just go for it while others will hesitate first and then just go with the majority. A lesson plan can be developed to empower the individual to take risks. A certain outcome that happened before many change this time around and no one will know unless the person tries.

Everyone makes mistakes. This is all part of being human. But those who have regrets are frozen in time without the ability to move on. The psychologist may make a lesson plan that will enable the patient to let go and be ready for life's challenges.

One mistake some people have is generalizing. It is bad to do that because it denies the person the chance to know about someone's character. This is usually caused by trauma so the specialist can also make a lesson plan to exorcise the ghost and forget about the past.

Anger is one issue that some people have. This is the reason some are sent to anger management class. By knowing what makes the person agree, the psychologist will be able to understand and change that.

There are people who are outgoing when it comes to meeting new people while there are those who are shy. This will mean someone will have more friends than the other person. Psychologists can make a lesson plan so that the individual will be able to have lasting relationships with members of the same or opposite sex later on in life.

The last portion simply asks the question if the person is happy with everything that life has offered. Some people will say satisfactorily given that the individual may not have that dream car or job. However, there are those who feel bitter so the specialist can make a lesson plan pointing out the nice things that have happened which makes it not that bad after all.

Those who answer the questions will probably do well in some of the sections and perform poorly in others. There is always room for improvement and growth and this should be what the lesson plan is all about.

Some tips for building a Child's Self-esteem

Parents are very powerful figures in the life of any child. First of all, they are responsible for conceiving the child and for bringing that child into this world so everything that comes after there will still be held somewhat responsible. The mother best of all has a special emotional connection with her children while fathers are mostly the ones who deal with practical things in raising children.

A perfect relationship between parents and children will be when the parents are role models of providing love and support within the family while the children are obedient but to a certain degree also independent in living their lives. In this world however there is no such thing as perfect but this should not stop us from trying to build an ideal relationship.

There can always be a health compromise but the most important thing that parents should remember is that the times when the children are still young is the only time they can make the biggest impact. The children are innately obedient and loving towards their parents so it is up to the parents to use this advantage in instilling good things to their children so they grow up to be good and strong willed individuals.

One thing that parents can help a child build is their children's self-esteem. Parents should also be aware that aside from being crucial to building a child's self-esteem, it is so easy to damage their self-esteem if parents do not deal with their children properly. Parents can contribute in developing positive feelings of self worth in their children by helping them in a lot of aspects including the social and academic factors. Let us look some tips that will help the parents out there to build their children's self-esteem.

Constant and sincere appreciation will make your child feel special. Most parents tend to only communicate with their children if they need something from them or if they need to correct them in whatever they are doing. This is not a good practice. Parents should take the time to talk to their children about good things that they have done.

Make sure that whatever you say is sincere and appropriate. Do not over praise because as in anything else too much praising can bring out a negative result. When you really need to

comment on something bad, do not be judgmental instead phrase your comment in a positive form.

Your children may not be mature but they know when they are simply being corrected without explanation. Offer a reason why they are being corrected or better yet work with your children to arrive at a solution to make things better so such a situation will not happen again.

If you have children with learning disability, make sure that you very well understand the nature of your children's problem and vow to closely work with teachers and other important people to make her environment friendly to her despite her disability. All these things are not full proof shields against possible crushing of self-esteem but it will help them deal with the harsh realities of life with a perspective that they are tough and can meet challenges head on. They may fail but they will get back on their feet faster than everyone else.

Increasing Self-esteem

Every person wants to improve his or her self-esteem. The efforts to improve self-esteem could be conscious or unconscious. This simply means that some people actively pursue the goal of elevating their self worth while other tends to increase their self-esteem without knowing it. It is important though to know what areas in your life you want to improve on exactly. In this way, you are not merely working on external indicators to reach your goal.

The problem is not all people know how to improve their self-esteem. In fact, it is easier for most people to damage their self-esteem than to build it. Unconsciously, we tend to decrease the image of ourselves through negative thinking. There is nothing like a negative thought to make diminish or even destroy our self-image.

Below are some pointers on how one can improve his or her self-esteem.

Make a list of all your accomplishments

One of the best ways to improve your self-esteem is to take inventory of all your accomplishments. Be honest when you are writing the list. In this way you will have an objective view of your abilities and capacities. Also in this way, you will gain insights on what areas of your life need improvements.

Make an effort to improve on the weak areas

After making a list of all your accomplishments and after discovering your weaknesses, the next thing you must do is to strive to improve on your weak areas. Resolutions are not only applicable during the start of the year. You can make a resolution anytime of the year.

One of the greatest concerns of individuals who have made resolutions is how to stick to the resolutions. As everyone probably knows, most New Year resolutions are broken come March, sometimes even earlier.

To stick to resolutions, you must strive to change just one or a few things at a time. Promising to change many things at once is like setting yourself up for failure. Start and small and few and you'd be amaze to discover that your life is changing already.

Set clear goals

For you to reach a certain goal, you must first be able to formulate it clearly. If you want to lose weight for example, do not just say that you want to have a flat stomach or a small waist. Say instead, that you want to achieve a 28 inch waist or I want to lose 10 pounds.

The advantage of having clear and defined goals is that it would be easier for you to track your progress. It would also be easier for you to create the best strategies to reach the goal faster. If you have clear goals, you will be amazed at how things seem to fall in the right place. Every circumstance, every person that you will meet will help you in achieving your goal.

Play a game

Some games have the ability to increase self-esteem. This is especially effective with children. Games are effective in building self-esteem since through them children can gauge their abilities and skills. Games can also improve the skills that the children already have.

Remember that life is a journey

There is a saying that the journey is more important than the destination. The same is true with life. So enjoy wherever you are right now and believe that life only gets better.

Building High Self-esteem

Every year, awards such as the Grammys and the Oscars are given to actors, directors and producers for films and shows that have entertained the general public. One of the people always thanked for becoming who he or she is today is the parents.

The reason why these people are always given gratitude is because if not for the hard work and the values that were bestowed, it would be impossible for that individual to become one of the brightest stars in Hollywood.

This just goes to show that aside from looks that the person gets, another thing has been imparted which is self-esteem that also brings out confidence.

There are many ways to build high self-esteem. While others use self help tools made by specialists or attend counseling sessions, sometimes the only thing the person should do is believe in oneself.

Everyone has strengths and weaknesses. The individual has probably figured this out in life being good in certain fields and above average in others. Those who have a gift in something should make the most out of it at the same time, working on those that need a little improvement to become someone better.

Second, like Aerosmith said "life is a journey, not a destination and no one can tell what tomorrow brings." Yes, people wake up to a brand new day. The day before may have been really bad but people can always learn from mistakes and start over.

Part of building high self-esteem is taking risks. By having a clear goal of what the individual wants to happen, this increases the chances of succeeding in whatever endeavor one may want to pursue. This is a whole lot better than waiting to see what happens.

Thinking positive is also another factor in building high self-esteem. Life is a risk although being optimistic of the outcome in whatever the person wants to pursue may increase the chances of success rather than failure.

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Having high self-esteem is something that can also be imparted to others just like how this was given by the parents to a child. By having a good working attitude, others will perceive the individual as a role person and will also do the same thing and get the same results.

One way of doing this is treating everyone with respect. It doesn't matter if this person is just a janitor or one of the bosses. In the end, everyone is the same.

It is easy for people to see if someone is confident. Once the person comes into the room and offers a firm handshake and a smile, that sense of aura itself is something worth having.

Confident people are not born. These individuals are made. One of the qualities that make a good leader is being able to speak and at times, also listen. There are things that people are not aware about and being able to learn something new from others is always a good thing.

The world does not revolve around the person, it is the other way around. People have to adapt and also be sensitive to the needs of others. By practicing each of these things everyday, the individual will become very successful which is known by a better word known charisma.

Building the Confidence and Self-esteem of your Teenager

The teenage years are probably the most awkward years for your teenagers. When a child reaches this age, he or she faces many new changes and challenges. It was much easier when they were younger because parents have total control over their children but as babies grow up to be teenagers along comes the development of the minds to think on their own.

Teenagers want to try new many things and they are ever more ready to meet challenges head on but what scares most parents are the facts that not all new things are good and that not all challenges are meant to be attacked head on. The parents though are careful to be interfering because at this stage the teenagers want to prove themselves so they think that resisting their parents is cool.

This is indeed a difficult situation but one sure way a parent can be of help to a teenager is to help the teenager build his confidence and self-esteem. A teenager with high self-esteem and has self confidence have an edge over those who are easily swayed by the crowd and who cannot defend themselves from people who just wish to manipulate them into making the wrong decisions or into doing things that are bad for them.

Parents should be able to teach their teenagers that people come in all shapes and sizes that way they will be able to be more accepting of their physical attributes and would also be non-judgmental of others. Encourage them to get into activities where the playing field is equal. Sports is a great way to develop the social skills of your teenager and a chance to excel. A teenager with good social skills would be able to handle all types of people and situations. Excelling in anything can boost a teenager's confidence and self-esteem.

Teenagers should earn their self-esteem because that way they will not give it up just like that. Parents can support them in this endeavor by constantly giving well deserved and genuine praise. While parents cannot be there all the way, they should always be ready to lend a hand when their teenagers need a hand to hold on to. For sure there will be failures along the way but a little failure is always a good sign. What is most important is to teach them resilience.

Parents are not meant to shield their children from pain and discomfort but rather for them to make sure they will go through pain and discomfort and then come out fine. Make sure that it is

clear that you will never abandon them no matter what. Give them the vote of confidence that they can handle the situation because that is the only way to show respect to their independence.

As much as parents want to be their number one cheer leaders in a loud way, the quiet belief in your teenagers will make more impact. Reality bites, we all know that but always there is always a room to go forward.

Hopefully all these things will guide parents in making life easier for both them and their teenagers. No one says that this will be an easy ride but like in any case we can always find ways to make things lighter for us and for everyone around us.

Building Self-esteem Among Teens

Someone once said that people are products of society. This is true because outside the home, friends influence the person and this could either mean doing some good or bad things.

In the end, whatever happens outside comes back into the home. Teachers will probably talk to the parents to update the his or her development in the school. The worse can scenario is being called to the precinct to pick up the teen.

Many people will say that parents should be blamed should the child go astray. This is partly true given that these people are the legal guardians. Letting the child know how valuable that person is being a member of the family can prevent this.

It is not enough to just say, "I love you." Parents should do more by spending more time and getting involved in some of the activities that the teen is doing. Mom or dad can encourage the person to practice harder learning an instrument, while participating in a sport or working on a piece of art work.

Parents should also be there to not only talk but also to listen to the teen. There are a lot of things that happen to an individual during the puberty and the best source of information should come from the parents and not from television, friends or the Internet.

When the child is still an infant, parents need to hold on to make sure he or she does not fall. As a grownup, this isn't needed anymore so part of building self-esteem among teens is to learning to trust certain decisions.

Empowerment is a word used very often in the workplace. This is when people are assigned a task with minimal supervision but in the event are able to deliver the desired results. Years from now, the teen will join the workforce and before that happens, one of best things that parents can give is empowerment to make certain decisions.

Not everyone may be that self confident compared to others so parents can help along by helping the teen find that forte. If the person is good with electronics, perhaps the son or daughter can become an engineer. Those who are good in the sciences can become a doctor.

These are just two examples of what could happen to a teen by fostering such talents now with the end result ten or fifteen years from now.

Parents will not be able to make the teen always do everything which is perhaps because of free will. Mom or dad should just say something and then it is up to the teen what to do next.

This may be whether the teen has a shot at being a member of the varsity team or what school and course the teenager would like to take up in college. These are big decisions and those who are mature enough will be to overcome the challenges.

With great power comes responsibility. Parents should instill that in the minds of the teens that the decisions made are things that the individual will have to live with. The person is the only one that can control his or her destiny.

There is no magic solution in helping a teen build up that self-esteem. Parents, teachers, friends and the person will just have to hope for the best.

Making People Happy Helps The Person and Others Build Self-esteem

Self-esteem by definition is the way a person sees oneself. But unknown to many, the attitude that the individual possesses may also do great things for others.

This happens as each person plays a significant part in society. At home, the man plays the roles as a husband and wife. At work, the individual is an employee and at times, a friend to those who need someone to listen to.

Those who have high self-esteem are looked up to by the people. In some cases, the name mentor is bestowed on the person. Was it really something the man dreamed about? The answer is no but circumstances have made it happen and those who have it should use it to help others.

There are many benefits for playing this role in the life of people. Here are a few with one end and that is seeing others just as happy as the person.

1. First, the mentor is able to build strong relationships with these people. Both parties will learn something from the other, which is also a part of building one's self-esteem.
2. All work and no play makes the person dull. It is a good thing that being a mentor to others allows the individual to interact and feel refreshed even if it just for a few hours.
3. One of the things that people will learn in school or even at work is networking. The employee may soon leave the company but the connections one has made will surely do well when applying for a new job. Surely, some of the people the person has helped can make a good referral.

Those who choose stay can look back and be proud of the motivation one has given to others. This gift that the person has may even make others follow the same example, which may even, to a promotion in the future.

4. Isn't it funny sometimes how a person is to understand something only after having the opportunity to explain it to someone else? This happens and this can help the individual also practice the same values that one is preaching.

5. Ever helped someone and felt good about it? A lot of people have experienced that and this even makes the individual continue doing it without any type of reward in return. Seeing others happy will not increase one's material wealth but it will show that the person has a loving and caring heart.

6. Another benefit of helping and seeing others happy is that it helps the person grow confident even further. This is because the person gains experience in these matters, which makes it easier to assist someone who may face the same problem in the future.

Somebody once said that there is no better sacrifice than giving oneself to others. This doesn't mean the person has to sacrifice his or her life by taking a bullet. Just being there to offer advice or being a shoulder to cry on is the best thing the individual may need in times of sorrow.

The accomplishments one has done in life being a mentor to others is something that will always be remembered. In the end, it helps strengthen the existing self-esteem of both parties helping both become better people.

Building Confidence and Self-esteem

There are two things that go hand in hand making who the person is today. These are confidence and self-esteem. If the person is unaware of one's potential or what he or she can become, the term given to someone is a loser.

Nobody wants to be called a loser but unfortunately, there are a few in society. These are the people who don't have any ambition or drive in life, can't hold a job and most of the time are unemployed.

This is the reason that self-esteem and confidence should be built from the ground up as a child. There will be challenges in life and someone who is get up again after falling down is what separates the men from the boys.

A good deed should never be given the proper acknowledgement. Parents should always tell the teen if he or she has done a good job. The best way to do it is by being very specific.

An "A" for example on the report card can be displayed on the fridge. A medal or a trophy won in a competition can be placed frame or a case. This is something the person can look at to reminisce such a time and be used as a driving force for future challenges.

The positive attitude one has can also serve as inspiration to others. Parents can also teach the children to be optimistic about life despite the many setbacks. Studies have shown that this type of attitude strengthens ones ability to do just about anything which is much better than feeling depressed.

Some people have it while others don't. One of the many gifts that people have is individuality. Parents who have children who are fit should not tease or name call those who are fat. Just imagine how the person would feel if the situation was reversed.

The same thing goes when the teen is given a task. The parents can show signs of disapproval in a better way by explaining that it needs more improvement instead of striking the person down which will later develop signs of anger and resentment.

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It is one thing to give praise in front of the child. It is another to say something different to others. There must be consistency.

No one has the perfect son or daughter at home. However, there is always a better way of expressing one's feelings without hurting someone else especially when that individual is family.

A lot of people believe that the youth are the future. If this is so, parents, teachers and friends should do more than just pay lip service to build confidence and self-esteem.

Parents should be more active by participating in things that the child enjoys. Students not doing in school should be given more attention than those who can do it without assistance. Friends should be more understanding.

All of these people play a significant role in the person's development and hanging around with the right crowd will really help in the long term.

Believe it or not, life is a gamble. There are victors and there are losers. With self-esteem comes confidence and that is something that can never be read in any textbook but taught and instilled in the minds of the youth.

Building Self-esteem in a Teenager

When babies are born, everyone starts on equal footing. The events that happen years later will determine if someone is smart or just average. This will all depend on the child's upbringing until one becomes a teenager.

At that age, the individual will be able to think for him or herself without that much assistance anymore when one was still an infant.

Nevertheless, the process of building self-esteem still continues at this age. This is because there is still much to learn and there will be other challenges that the person will experience before one can ever be called a man.

One way teens can build self-esteem is by taking certain risks. The student can try out for the varsity team or take up an art or music class for the summer to find out if one is musically inclined or not.

There is a saying that goes, "you can't keep a good man down." Life has its up and down moments so teens should seize the day and rejoice in the success while not dwelling on mistakes. The person should simply think that this is just one of life's lessons and should try a little harder in the future.

Since some find it hard to handle rejection, this is the time that parents must come in to act as a shoulder to cry on and offer words of wisdom. Rather than making the teen afraid of it, the guardians should encourage the person to do it again because the outcome may be a little different.

Self-esteem is not just for the individual. This is for everyone. The teen can share this with others by being happy when others are also successful. Those who need a little push will surely appreciate the help one can give to make the classmates' dream come true.

Another part of building self-esteem as a teenager is by noticing the strengths and weaknesses one has. Those who are successful in one endeavor can help others excel in the field.

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By being aware of what other people have, the individual can also become more confident by learning something from others which is all part of the improvement process.

One of the most difficult things to do especially as a teenager is being able to look at the bright side despite the problem that is at hand. Some adults can't also do this but with constant practice, the individual will be able to have a positive outlook in life that can be seen through words and actions.

It takes time to build the teens self-esteem. Parents start the moment the infant is born by showing signs love and affection that will soon later involve empowerment. This continues as long as mom and dad are still living.

Teachers and friends on the one end will also do the same thing by giving positive feedback that will occur when excellence in certain skills are shown.

People have to believe in oneself in order to succeed. This is the only way that a person can get a high paying job and be able to live a life of luxury. Being confident won't happen overnight but those who feel man enough should face the challenges head on and become someone better after everything that has happened.

Learn about building high Self-Esteem

Self-esteem is something that every person should have and the loss of it in a person spell disaster. Just like anything that a person has to have, a person should work at building his or her self-esteem. Before one can do that, there is a need to know things about self-esteem. Self-esteem is how a person perceives his or herself. There are various factors that a person should have a positive attitude about including the value he or she gives to him or herself as a human being, his or her career and his or her achievements in order to develop a high self-esteem.

That is only for starters, one has to go deeper and see a positive meaning to one's place in the world and as well as one's purpose in life. In looking at the future, there should be optimism while evaluating one's potential to be successful by working on one's weaknesses and highlighting the strengths. Last but certainly not the least a person has to have independence or the capacity to stand on his or her own two feet because being independent is one good way to start building a high self-esteem.

Knowing all these things will help a great deal but there might also be other factors that you want to add but this is a really good start already. You might get from the very long first paragraph that building high self-esteem is all about the individual and that is true because your self worth is obviously based on how the individual sees his or himself.

However the people surrounding a person also has an impact on the self-esteem of the individual concerned especially the people with whom the person has a close relationship with. This is the reason why there are a lot of cases of damaged self-esteems that are somehow related to emotional and physical battery as well as milder cases of heartbreaks for the teenagers.

Getting back on your feet has a lot to do with getting that self-esteem back after a shattering experience. It does not matter if you work on building it slowly so long as you are focused at getting your high self-esteem back to where it belongs.

The importance of high self-esteem is one thing that we cannot ignore because it is very crucial as a cornerstone to a happy living. Having a high level of this aspect of yourself will make you

highly motivated to work at achieving your goals will give you the right attitude to be successful in whatever endeavor one chooses to take.

In fact in a CNN interview with Robert Wagner by the legend Larry King, he was quoted as saying that “I would tell them the most important thing is to work on your self-esteem, that is the best advice I can give.” Take it from someone who knows what he is talking about and to one who walked the talk. So for those who have low self-esteem, look within yourselves and discover that there is so much about you that you can be proud of.

For those who are lucky enough to already be working on building high self-esteem, keep up with your good work and hopefully nothing will ever crush you should something very challenging come your way.

Parents Should Be Able to Build Self-esteem In A Child

Being able to have children is a gift. Simply feeding and clothing is not enough because these are just some of the things that parents will be doing to help he or she grow up.

One of the most important jobs of parents is to be able to build self-esteem in a child. This will allow the person to succeed in the future regardless of the career chosen.

Since children look up to the parents as role models, it is only best to start from the very top. Many of these people have to work for a living to put food on the table. When the topic of work comes around and the children are present, it is always best to think and say something positive so that the children will inherit the same attitude when it comes to school.

In the same manner, when parents help the children with the homework, it is perfectly all right to help do some of it to make the person understand and then let the kid work on the rest. This should be double check later on to ensure the rest of the assignment is correct which will surely pay off when the report card comes in.

Studies have shown that getting a child into sports can also help build self-esteem. It wouldn't hurt to try something new such as soccer or basketball which are team sports that will foster teamwork and camaraderie.

If the child is not doing well compared to the others, perhaps it is time to buy a goal or a mini court and have this installed at home. Playing with the kids and having fun at the same time may be the extra practice that is needed in order for the player to do better in the game.

Not everyone is talented in sports. It is a good thing there are other skills the child can participate in to boost self-esteem. There are music lessons using various instruments and art classes using paint, oil or charcoal. The child has to start somewhere and who knows, this could be the person's passion in the future.

There is another way to boost the child's self-esteem. This involves doing something that has never been done before while spending some quality time. Father and son can go through a different bike trail in the woods or have mom and daughter bake a few goodies in the kitchen.

There is a chance the group could get lost or the things that come out in the oven are burned. The point is, the child will not know what will happen without trying and part of self confidence is being able to take a risk and becoming a better person no matter what happens in the end.

When this has been developed, this is the time that the child should be allowed to make some choices. Parents should be supportive regardless of the outcome but should always give words of caution and wisdom.

After all, there are risks worth taking and there are others that are not worth it. Knowing the difference between what is right or wrong and being able to understand and weigh the consequences is another important lesson in life.

Some Self-esteem Building Exercises

There are simply times when we feel so bad about ourselves. It can be caused by a lot of things. Heartbreak is one of the most common reasons for low self-esteem and is often the case for people who lost their self to their relationship. For the people who are in love with their career, a demotion can kill their self-esteem. Workaholics who get fired are the number one candidates of low self-esteem.

Teenagers who devote their time and energy to finally getting that slot in the varsity will have a lot to work on their self-esteem should they be cut from the team. Self-esteem is anchored in a lot of things like the factors mentioned above but solely depending on one single factor is not good. A high self-esteem should be gained by being able positive toward all aspects of life and not just one.

In case you are one of those people who are suffering from low self-esteem or happen to know someone who is suffering from low self-esteem then read on and maybe these exercises can help you in finding your way back to gaining that high self-esteem. Let us start off with your self. The mirror can do so many things. How many times have we seen depressed people throw mirrors or throw something at mirrors to break them because they do not like what they see?

Many, many times I would bet. So let us begin with making sure that we like what we see in the mirrors. In this phase, physically looking good is very important so take the time to fix yourself. Take a trip to the parlor or to the gym. It is a must that you like and love what you see in the mirror because such fondness is a good way to start making yourself better. And when that is settled, look at the mirror every morning and say "I love myself" not because your narcissistic but because you love the unique you who have so much to offer to the world.

Have one day of fun with friends every week. Sometimes surrounding yourself with people is not enough. You have to have a day spent with really close friends wherein you do nothing but celebrate the "highs" of the week. Think up of something like the "snap cup" in the movie Legally Blonde and have a session every week.

Why every week? It is nice to always have something to look forward to every week. This exercise, aside from helping you keep your self-esteem, will enable you to share a unique bond

with your friends and together you will all grow up beautifully. Be careful not to over praise each other so make sure that you only give sincere and timely praises to each other.

Those are just two exercises you can practice to build your self-esteem or to finally build a high self-esteem. There are other ways but one individual practice and another group exercise should encourage you to get at least get started and then just keep on doing it until it becomes habit. You never know, when you are so good at it then you can begin to walk the talk and inspire others to do the same.

Building your Self-esteem

A lot of people are hard on themselves. It is always good to hear people say that they do not compete with other people because they only have to outdo their selves. This is a good attitude because when you focus on yourself, you develop at your own pace and you don not see yourself at a loser.

There are times though when this becomes negative because a person becomes too criticizing of himself or herself. There is no worst critic than yourself because once you believe in the negative self worth you put in your mind, you could easily crumble with whatever negative the world will throw at you. A low self-esteem is one of the greatest enemies of a person because losing it is like losing oneself.

Before it is too late, let us focus on building self-esteem. It is important always be optimistic. Most people you meet are cynical these days but there is no reason for you to join the crowd. Being optimistic means capitalizing on the good and positive. No matter how bad the situation or how things maybe so difficult for you, there are always good and positive things to turn to.

You do not have to lose touch of reality to be optimistic. You just have to learn how to deal with a sad situation with a happy disposition or a really bad scenario with a hopeful disposition. It should also not stop within yourself because you have to practice optimism to other people and ideally wherever you find yourself at.

Helping other people is also another way to build self-esteem. You do not have to be rich to help other people so do not wait until you are a millionaire before you start being charitable. There are other things you can share with other people to help uplift their lives.

If you have a special talent like teaching then do volunteer work at your community school for the under privileged or be part of your church choir. Besides we all know how blessed are those people who give more that what they have. Sincerely helping other people will make you feel good of yourself after all you do not give away kindness because kindness always comes back to you and usually at a time you need it the most.

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Do not be so hard on yourself. It is okay to dream big dreams. We are always told to reach for the top but set realistic expectations and goals for your self so that if you fail or if you lag behind your timetable you do not immediately feel so bad instead you look at ways on how to get back on track.

Try and try until you succeed should be your mantra and believe that you can do it. There may be people to help you but it is really up to you. The fact that you dreamed it, you are capable of achieving it because that dream came from the inner whispers of your soul and you cannot deny yourself that.

Having self-esteem is like having a self that is ready for whatever is ahead whether it is good or bad. Always in the end, you will be a success because you've got the best version of you.

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