

HOW TO BUILD SELF-ESTEEM



Simple tips on how to build self-esteem and confidence. It is possible to learn how to do this. These practical techniques to use today should really help.

by Mike McClement, Founder Think Confidence

1 STOP THE NEGATIVE VOICE

We all have a negative voice lurking inside us. This voice speaks up when a challenge arises. The key to dealing with your gremlin is to be aware it's there. That way, it can't surprise you.

2 BE CHARITABLE

Going out of your way to do something for someone else could well transform the way you feel about yourself. It makes you think positively about yourself. Plan your act of kindness today.

3 MANAGE YOUR EXPECTATIONS

Don't bite off more than you can chew. Setting yourself challenges is the right thing to do. The key is to be realistic with your plans. You are looking for achievable challenges, not impossible ones.

4 ACCEPT SUCCESS

Each night before you go to bed, write down three positive things that happened or that you did during the day. Then smile. Do this every night for the foreseeable future.

5 CHANGE YOUR WAYS

You need to think completely differently. You need to think of 'new' as exciting and different. Not scary and impossible. It's very important to change your mind-set here.

6 KNOW HOW YOU COME ACROSS

Be sure people see you the way you think they do. Most people get this wrong and think they come across worse than they actually do. They stop themselves doing things as a result.

7 STOP SAYING SORRY

There's no need to keep apologising. By saying sorry, you are sending the message to people that you doubt yourself. Only say sorry if you actually need to.

8 DON'T COMPARE

Try to base your expectations of yourself on what you do and your own aspirations, not what others are doing. There is nothing positive to be gained from worrying about how you compare to others.

Building Selfesteem

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