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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Build Self-Esteem with Love Gifts**

**By Virginia Reeves**

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Feeling good about yourself enables you to easily treat others well. Practicing the following seven tips will bring more happiness and joy into your life.

1. **GIFT OF ACCEPTANCE.** Show those around you that they are loved for what they are, not for what they do or even how much they try to please you. Acceptance builds self-esteem in both you and others. Offer guidance if asked and continually foster independence. Help others find happiness in their own way and you'll find that your level of joy increases as well.
2. **GIFT OF SELF-CONFIDENCE.** This means trusting one's own abilities and talents and using them. To be proud of accomplishments and not shy about letting others know about them is another component. The understanding and acceptance that one does not need the approval of others all the time is critical to good mental health and emotional growth.
3. **GIFT OF POSSIBILITIES.** Anyone can do anything they want to do – if they're willing to work at it. This means acquiring the needed skills, taking risks, and reaching out.. Give to yourself and your loved ones and friends the gift of freedom to be anything rather than limiting imaginations by labels and rules. Permit everyone to dream and then help in whatever way you can to see the achievement of those dreams. Encourage love of learning and exploration of new ideas. Your influence will encourage you to do the same.
4. **GIFT OF FAMILY AND FRIENDS.** This support base allows a positive outlook to permeate whatever you do with your life. You learn from both

the good and the bad, the happy and sad, the success and the setbacks. Interactions of all types are found, nurtured, and used throughout your life. They aren't always picture-perfect but that's part of teaching you how to develop yourself and the many capabilities you need to build self-esteem.

5. GIFT OF BEING A PERSON WHO HAS A SPARK and appreciation for all of life. Encourage those you care about to be fully alive by taking adventures, finding laughter and fun daily, expressing their creativity, and stretching themselves beyond their personal limits. Model a lifestyle that provides them with a positive guideline.

6. GIFT OF LIFE WITHOUT NEEDLESS WORRIES OR FEARS. Show others by practicing this way of life demonstrates that you don't just sit around and fret about problems. Rather, you tackle them. Be a doer; you'll be surprised at how others will follow your lead. Not only that, the "problems" may vanish when met head on or realistically pushed aside.

7. GIFT OF ACRONYMS. Sure, it sounds strange but it gets you thinking. Here's some ideas for the word love.  
Loving Openly, Vivaciously, Enthusiastically  
Liking Offspring Virtually Everyday  
Little Oddities, Very Endearing  
Life Offers Vibrant Energy  
Laughter, Openness, Vitality, Excitement

In addition to giving these gifts to others, remember to give them to yourself as well. Love gifts can be given away any time, to anyone, for the best reason of all, you care. The gifts of acceptance, self-confidence, possibility thinking and action, problem solving, and the supreme gift of finding happiness in the challenge of living comes from self-esteem love gifts. Give them freely, willingly, and with affection.

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## **Teen Self Esteem: How Parents Can Help**

**By Aurelia Williams**

How many teenagers do you meet that really have a strong sense of self esteem? Not many if you tell

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the truth. It's a treat to find a fifteen year old who knows and likes who they are.

Healthy teen self esteem is first nurtured at home. A secure home life, supportive parents and a reliable extended family provide the launching point that allows children to thrive. >From there it's a safe school environment and positive peer relationships that further affirm their feelings of being valuable to others.

If a teen's home life offers more negative feedback than positive nurturing, it is nearly impossible for that child to come through puberty feeling good about themselves.

Teenagers who don't have a strong sense of personal value from their parents are left viewing themselves through the critical eyes of their peers. And what they see there is often disappointing.

Making embarrassing mistakes, feeling clumsy, going through puppy love heart break or not doing everything right the first time you try is all part of being a teenager. But a teen with low self esteem takes every stumble personally and internalizes the failure as being part of who they are.

This is why it is so important to help our kids survive their mistakes and deal with disappointments from an early age. Positive teen self esteem is crucial. The best way to improve your teen's self-esteem is to take a very active role in your teen's life. Just by knowing your teen's interests, friends, strengths, and weaknesses, you will be aware of any problems that may arise.

If you have a teenager who is struggling with low self esteem, you have to take every opportunity that presents itself to remind them that they are valuable to you and to others. Provide them with opportunities to be with people who will build them up and encourage them.

Aurelia Williams is the host of

and is also the owner of

, a free resource site for moms.



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