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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!

How to Increase Your Self-Esteem

By Susan Dunn

How to Increase Your Self-Esteem by Susan Dunn, MA Clinical Psychology, The EQ Coach

Self-esteem is one of those things you earn by doing things. If you are not doing all you're capable of, you know this, and so you can't talk yourself into self-esteem. It's hard to fool the most important person - you. Take some action today that will make you feel good about yourself. This could be something as simple as cleaning out one closet! We always feel good after a "job well done."

Then work on your self-talk. How we talk to ourselves generates over a lifetime. First become aware of what you say to yourself all day long. 80% of our "conversation" is with ourselves. If you're saying, "I'm a failure," this is what your brain is hearing, and it will work to make this come true. Cancel this thought (say "cancel, cancel") and put something else in there, "I, Marianne Delmer, am on my way to success," or something like that.

Be careful how you word things like this, because your subconscious will hear it without the negative, i.e., you don't want to be saying, "I, Peter Aylward, am not a failure," because your subconscious hears "failure." See the difference? You can also try an affirmation such as "Every day I'm getting better and better." Envision the end goal. Don't limit things by being too specific. If you want to feel better about yourself, that's the place to start.

The 12-Step Programs suggest if you don't want to quit, first pray to want to quit. If you want to succeed, first pray to want to succeed. Wanting something gives us motivation!

Remember that your ___ years, whatever your age is, have produced your current self-talk, and so this won't change overnight. Affirmations only work if you are diligent and consistent, and this will be a good exercise for you because you need to work on diligence and consistency as well.

At different points during the day, work on your self-talk. Cancel negative thoughts and replace them with positive thoughts about yourself.

There are many good free resources on the Internet. Here is one inspirational site:

http://www.unityonline.org/read_daily_dailyword.htm . SelfGrowth.com is another good one,

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www.selfgrowth.com, and you'll find inspirational affirmations here:
http://www.susandunn.cc/inspirational_quotations.htm .

You would also benefit from subscribing to a good eZine. I have a nice informational and inspirational one, and there are others. Look up "free eZines" on a search engine.

Whatever you do, avoid the "victim" stance, i.e., believing that you're "helpless and hopeless." There's an affirmation you can use: "I am able to help myself and I have hope." Set small goals, take baby steps and look at this as a new, long-term, exciting project.

Work on learning optimism. I have a course on this, and there are other resources on the Internet. It's a state-of-mind that you can learn that increases your chance of success and happiness.

In Emotional Intelligence, we recommend solution-focused problem-solving, not emotional-based problem-solving. Just as in physics, two objects can't occupy the same space, so your mind can't hold both negative and positive thoughts at the same time.

When you find yourself getting negative, "cancel" and put something positive in its place. In other words, distract yourself while you take action to remedy things. The journey of a thousand miles starts with a single step. Give yourself incremental learning goals, and reward yourself copiously for each thing you do that takes you further toward your goal.

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Methods Of Self-Esteem Improvement

By Holly Dodd

Many of us suffer from low self esteem and lack self confidence, you'll be happy to know that there are many methods for self esteem improvement.

The first question you should ask yourself when attempting to improve your self esteem is whether there are issues that need to be addressed with a professional counselor. This is particularly true if your low self esteem is driving you to abuse alcohol or other drugs and is interfering in your life in a major way. If so, you may need to speak with a therapist or counselor who specializes in self esteem issues.

If you want to raise your self esteem but are not having major self esteem problems, then a trip to the local library or book store may help. There are hundreds of self help books, self help groups, self help tapes, self help videos to choose from as self help is a particularly hot topic these days. You may even want to hire a personal coach. These tools will help you improve your self esteem dramatically if you

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put the advice and recommendations that you receive into action.

One of the real keys to improving self esteem is in taking action. Many people who suffer from low self esteem often get stuck in a rut which drives their self esteem even lower. To raise self esteem, you need to set goals for yourself and then take the necessary actions to meet these goals. Just taking continual action will move you closer towards goal attainment and stop you feeling as if you are worthless and at the mercy of others.

Pay close attention to how you talk. Negative self talk is a real self esteem killer. Make a habit of trading the words "I can't" to "I will" Having positive expectations will go along way towards increasing you self esteem.

And don't feel as if you're alone. There are thousands of people just like you that of people who suffer from low self esteem and need to improve how they look at themselves and the world around them. You are not alone and you can create the life that you dream of, you just need to start taking steps in the right direction. The sooner you start the sooner you can start enjoying your life as it was meant to be enjoyed.

Holly Dodd publishes a variety of websites. For more information on debt consolidation visit

or



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