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**Maximizing Your Potential by Building Your Self-Esteem**

**By Etienne A. Gibbs, MSW, Management Consultant and Trainer**

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Beginning today, don't wait for anyone to make you feel good. Become your own best friend.

Here are three steps to help you get started:

- \* **1. Look inside yourself to see what gives you the most satisfaction, and then go for it.**
- \* **2. Become familiar with the people and places where you feel respected and valued.**
- \* **3. Learn to encourage yourself. Make it a natural habit.** When you don't value yourself as a person, you may not be able to recognize all of your strengths. When you begin to encourage yourself, you'll become more satisfied with your life. As you begin to recognize and value your own strengths and resources, you'll start to give yourself more positive messages.

As you become more satisfied with yourself, you won't feel a need to compare yourself with others. Instead, you will note your own progress and set your own standards. You'll feel like working with people, not against them.

Now, here are ten steps to help you build your self-esteem.

- \* **1. Adapt the attitude that you are a responsible and dependable person.** Others will respect you and come to you willingly.

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- \* **2. Do things for others before they ask you and without waiting for recognition.** In other words, do things spontaneously for others because you want to; don't wait until someone says you have to.
- \* **3. Freely contribute your opinions and suggestions with your family.** You'll feel better and your family will benefit.
- \* **4. Participate in the decision-making process at work, at home, and at civic clubs.** When your actions show people that you make and carry out responsible decisions, they will respect you much more for having done so.
- \* **5. Accept the mistakes you make for what they are: simply human errors.** Realize that making mistakes is part of being human. Learn from them and move on.
- \* **6. Focus on the *why* of your actions rather than on the *what*.** Look at the effort and energy you put into doing something and the reasons behind it rather than looking so much at what you do.
- \* **7. Become an expert at looking for the positive potential in yourself and others.** By learning to tune in to yourself and others, you'll become an expert on building closer, more trusting relationships.
- \* **8. Have confidence in your ability to make good judgment.** As you start believing in yourself, others will, too.
- \* **9. Develop the habit of expecting positive things to happen.** Even when disappointments set in, expect positive things to happen. You'll soon learn that they will.
- \* **10. Look at different ways of seeing a situation.** Use your creative abilities and look beyond the first right answer. Self-esteem is having the I-CAN attitude in what you say and do.

**Remember:** When you maximize your potential, everyone wins. When you don't, we all lose.

**Etienne A. Gibbs, MSW, Management Consultant and Trainer**, conducts seminars, lectures, and writes articles on his theme: "*... helping you maximize your potential.*" Reach him at

, at

, or at **502-386-1175**.

### 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.

## Maximizing Your Potential by Building Your Self-Esteem

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 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

Methods Of Self-Esteem Improvement  
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