

Building Self-Esteem

Visualize self-esteem

- ◆ Remembering the principle of the self-fulfilling philosophy, hold in your mind the self-image of good qualities you want to maintain and strengthen.
- ◆ Study the characteristics of people you admire and see yourself as having those characteristics.

Verbalize self-esteem

Give yourself the gift of positive self-talk and positive affirmations such as the following:

- ◆ I am a warm, kind, loving person.
- ◆ I have strength and energy.
- ◆ I love life; life loves me.
- ◆ I hereby set aside every negative thought about myself.
- ◆ I refuse to run myself down or listen if others do.
- ◆ I reject every feeling of inferiority or inadequacy.
- ◆ I reject all thoughts of self-pity.
- ◆ What I think of myself will be what I am.
- ◆ I will not think "I can't," only "I can."

Demonstrate self-esteem

- ◆ Act as if you like yourself.
- ◆ Show genuine interest in others.
- ◆ Walk and stand straight.
- ◆ Hold your chin up.
- ◆ Look people in the eye.
- ◆ Maintain good posture.
- ◆ Speak up and speak distinctly.
- ◆ Be a good listener.
- ◆ Show pride in the way you dress and in your personal appearance.