

How to Increase Self Esteem

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Self-esteem is your most valuable asset. With high self-esteem you can move mountains and achieve your dreams.

Low self-esteem questions your abilities and accomplishments puts up a definite road block. This leads to self-doubt which can add a sabotaging road block to your success.

Even if you manage to succeed through self-doubt you won't give yourself credit, feel as though you don't deserve it, and possibly sabotage things to re-align them with your low self-esteem views.

If you are interested in feeling better about yourself there are a few things to help. The below exercises have been developed to help you overcome that inner critic and realise your potential – building self-esteem. They will challenge your 'old' ways and help you realise that your low self-esteem perceptive can be altered by changing your beliefs, attitudes and by taking action.

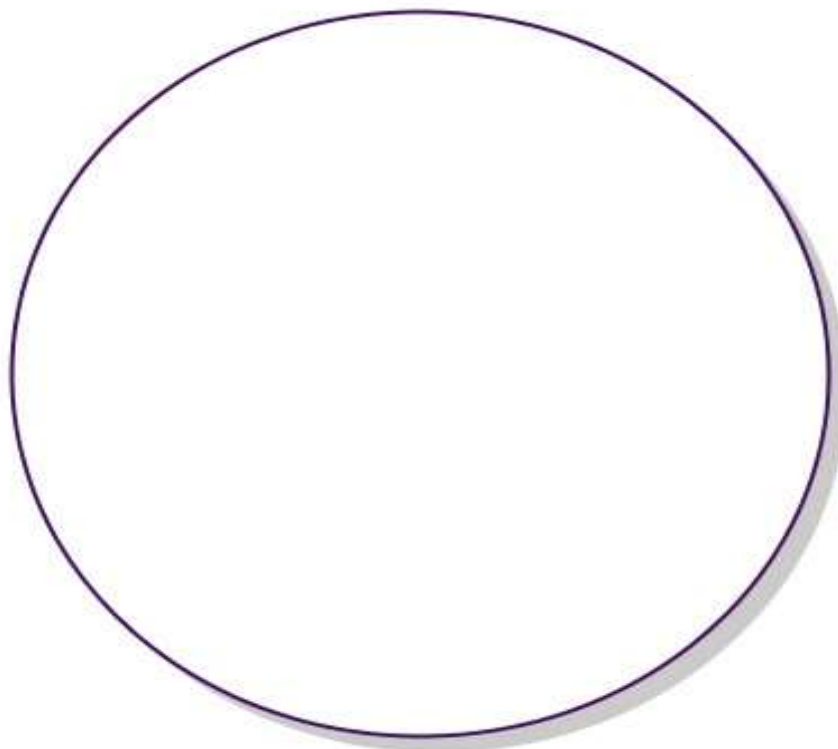
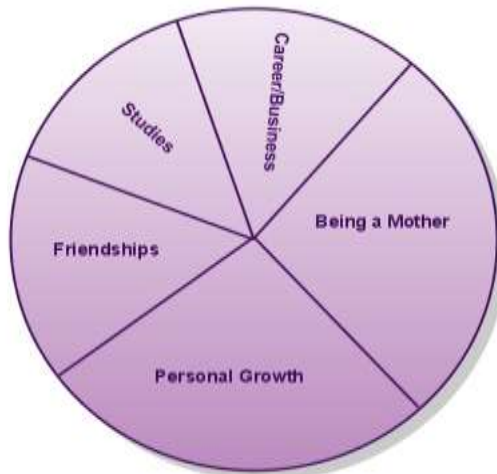


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Don't put your Self-Esteem in one "Basket"

Having a high self-esteem in one area of life is great. But what happens if that gets knocked down? You end up weak at the knees and feeling less confident in yourself.

Build your self-esteem from many angles. Using the blank pie chart below write down the things you feel good about in your life. The largest piece of pie should be the thing you feel the best about, and so on.



If you feel good about yourself mainly in one area of your life it's time to balance it out. You can do this by taking up a hobby, joining a community group, meeting new people, pick up a study course, building an online business, etc. As you add new skills, abilities and positive friendships and connections you naturally increase your self-esteem.

Personality Strengths

Tools you will need: pen, paper (or computer) & a dictionary and thesaurus.

Step 1: Write down all the strengths that you believe you possess. Eg. Genuine, organised, realistic, thoughtful, kind, cooperative, efficient, empathetic, self-confident, strong, enterprising, etc. Use the dictionary & thesaurus to help you come up with more words.

Step 2: Use 5 of these words to write 5 sentences about yourself in the first person.

- ⑩ You might like to imagine you are writing this for an internet dating site.
- ⑩ Or "sell" yourself as if you were applying for a job.
- ⑩ What qualities are you proud of?
- ⑩ What do you feel would impress a future partner or boss?

Step 3: Write 5 more sentences with 5 different words , but this time write them in the 3rd person.

- ⑩ Write them as if your best friend or mother were writing them.
- ⑩ Pretend someone is writing a story about you and starts with a few pointers.

Self Awareness

Identify problem areas in your levels of self-esteem.

Put downs:

Do you have a habit of focusing on your faults, failures and weaknesses? When journaling in your stress diary pay particular attention to the thoughts and beliefs you have about yourself.

Rather than being down on yourself why not ask yourself what you did best, and what your strongest point was. Figure out what you might change next time and what knowledge or techniques you could use to make that change happen.

Realism:

A long term goal can be daunting. A large short term goal seems impossible to achieve. Be realistic when setting your goals. Re-evaluate whether you have set too high of limits for yourself to achieve. Unrealistic goals can knock you back into a low self-esteem attitude quickly.

The excuses, apologies & why me:

Be aware of the excuses, apologies and *why me* statements that you keep running through your head or offer to others. These statements are telling you that you're not good enough. Keep your eyes and ears open for them! Experiment with changing these words to ones that speak confidence. Add some of your own!

Low self-esteem	Self-esteem & confidence
I'm not sure.....	
I'm probably wrong (as usual)...	
Why does this always happen to me?	
I'm sorry but.....	
	I have succeeded with something similar before.
	I'm proud of my accomplishment.

Time to make Changes.

It's important to keep things in balance and monitor your self-esteem levels.

Self-esteem fluctuates daily so it's important to monitor your daily routine and change it accordingly to maintain healthy self-esteem levels.

- ④ When you are stressed with the idea of a busy day ahead - think about where and when you have "time for you".... look forward to it as the time approaches and soak it in when you are there.
- ④ When you're feeling stress, rushed, doubtful, anxious, concerned, worried... and your thoughts are running on that low self-esteem 'record'... take a step back and think.... consider what thoughts are running... replace them with positive, more uplifting ones.
- ④ Change your routine to 'lighten up' things.
- ④ Take time to appreciate yourself.
- ④ Put your creative powers into action.

Some ideas:

- ④ Change your routine by minimising a time consuming activity, such as television watching.
- ④ Write yourself a list of things. Take time before bed to write it and take it with you the next day. (This helps to alleviate rambling thoughts at night).
- ④ Set a date and time with your friends for coffee.
- ④ Do some spring cleaning in the house and give to charity what you don't need.
- ④ Go to the library and get a favourite novel.
- ④ Join a community group – help others & meet new people.
- ④ Spend time in the garden – plant new flowers or vegetables.
- ④ Have a soak in the bathtub – use some essential oils or bath bombs, with music and candle light.
- ④ Eat somewhere different for lunch. Or be creative with your packed lunch.
- ④ Create a positive affirmation, write it down and carry it with you, look at it throughout the day to remind yourself of your goals, dreams and how special you are.
- ④ Take time for yourself and do absolutely nothing.