

SELF-ESTEEM

HOW TO BUILD IT

Self esteem is the sum of your thoughts and feelings about who you are. Treating yourself well and having respect for yourself is important to well-being. Here's what you can do to build self-esteem.

REFLECT, CELEBRATE

Make it a daily habit to replay happy times, celebrate big and small achievements and reflect on all that is going well in your life.

SET GOALS, FOLLOW THROUGH

Don't hold back on your goals if they matter to you. Self-esteem skyrockets when you complete what you say you're going to do and give yourself your best.

BE MINDFUL

Become aware of your habitual thoughts and feelings about yourself.

They are not facts. You can question and replace perfectionism and other limiting beliefs.

FOCUS ON EXPERIENCES

Prioritize experiences, learning, ideas and intelligence over appearance. They offer deeper and more lasting pleasure.

ACT WITH CONSISTENCY

Want to start exercising/meditating/eating better?

Decide. Do it. Don't just think about it. JUST DO IT! Keep choosing to do it. Consistency is a MASSIVE part of success.

GO ALL IN

Succeed or fail – it grows self-esteem and self-respect to use your abilities and courage rather than hold back or hide from challenges.

HELP SOMEBODY

A great thing to do if you're feeling low or down on yourself is to help somebody else. Don't overthink YOU. Get out and give of yourself.

SELF-TALK

Would you lovingly encourage another the way you speak to yourself in your head? If not, consider changing your style to more supportive self-talk.

BE PREPARED

Develop a process for dealing with unhelpful feelings and thoughts. Know what helps you. E.g., Writing it out, exercise, talking it out, speaking back to the inner critic, changing the "station".

FIND YOUR FLOW

Flow is a place to re-energize and re-inspire yourself; to immerse yourself in pleasure and ease doing something that challenges and engages you, giving you pleasure.

Know what takes you there and dive into flow regularly. To find it follow your life's joys; the things you love to do; explore your talents.

KEEP GOOD COMPANY

There's a saying:

Before you diagnose yourself as having depression or low self-esteem, check you're not just surrounded by a***holes.

Although it's a joke, there's actually something quite psychologically sound in that!

Choose to be around people who aren't afraid to give compliments, be kind, be generous, love and be loved.

LEARN TO BE ALONE

Relationships are important but so is alone time. Learn to use and value alone time. Find your flow and follow the joy of your interests and passions.