

Change Your Self Esteem

Upping your self esteem helps you to have more energy, risk more, contribute to others and our world more, be happier and utilize your unique gifts!

LET THE PAST BE

Notice your vulnerabilities & triggers left over from your past.

Look for the learning opportunities.

Journal the wounds to your self esteem from the past.

Take the learnings and choose to let the past be the past.

Do something today that is novel to you.

Practice things you have not done before - practice is the way we progress.

Give up your sense of comfort and go for the uncomfortable in your life - it is the way to grow.

GO FORTH & BE WONDERFUL!

Choose to look at the outside world rather than remain inward. Do something for someone.

Make some positive triggers that will remind you of your new thoughts.

Every morning & evening rehearse your new self talk of lovable you.

MAKE NEW TRIGGERS

Make a list of things you will do as a person of high self esteem.

Every day ask yourself who in your world needs you to be a person of high self esteem?

YOUR BELIEFS

Check out your beliefs around your self esteem - your beliefs create your automatic thoughts & they create your emotions.

Embrace some new beliefs that are more in line with who you are.

You get to choose your self esteem - no one else does.

Choose to get rid of old messages guaranteed to make you suffer. Give this a date when you made this choice.

RETRAIN YOUR BRAIN

Choose to retrain your brain!

Your brain likes repetition & visualization.

Choose messages that are positive such as I am enough, I am lovable.

Visualize yourself as having high self esteem.