

How To Improve Your Self-Esteem

We can change our negative self-image by redirecting our focus and behaviors to things we respect. The more time we spend making choices we respect the higher our self-esteem rises. I call these healthy choices "esteem-able acts."

EXPLORE

Think about the people you admire most. What are their most impressive attributes? (ex. generosity, grace, courage, etc.)



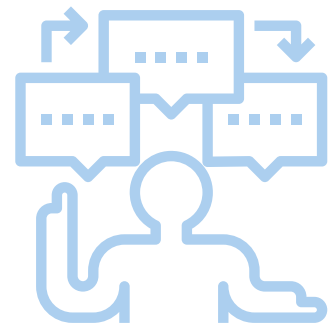
ANALYZE

Why do these attributes impress you? How would adopting these attributes improve your life?



CONCEPTUALIZE

Match these attributes to actions and then eventual habits. (ex. Generosity = donating to charities, grace = choosing to be patient/polite, courage = maintaining difficult boundaries).



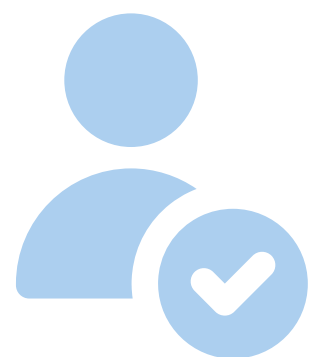
BE GENTLE

You can expect to fail, at times, to adapt to your new behaviors but don't give up. Long-term change is incremental and takes time!



SUSTAIN

Hold yourself accountable as you continually look for opportunities to impress yourself with your healthier choices.



STRUT

Enjoy the benefits of your healthier self-esteem. YOU did it! And you can return to this skillset whenever you need.

