

## Breaking The Barriers

### SELF ESTEEM – Principles to apply

1. Make a **positive resolve** and repeat it first thing in the morning every morning, and last thing at night before going to bed. If it helps write it down and actively refer to it every day.
2. Be motivated no matter what by reminding yourself of the positive in your life. This can often be a challenge, so educate yourself about **positive thinking and living** by: reading books, listening to tapes, attending workshops and speaking to other people. Become an authority on the subject. There is a wealth of information around you waiting to be consumed. Take advantage of it and use it for your own ends. Remember, however, you have your own mind and are not obliged to concur with all you may read.
3. Do not be conditioned into seeing the negative as the norm, but make a conscious effort to **seek out the positive**. This will have to be done consciously at first, but like everything else, with practice it can be perfected until it becomes second nature. This involves consciously re-training your mind. You must relearn how to perceive yourself and the world by broadening your mind, becoming aware and above all, learning from your personal surroundings. An immense amount can be learnt if we merely listen to, and take heed of, what goes on around us. Be an avid observer and learn from everything and everyone around you.
4. Remind yourself you are just as **important** as the next person.
5. Watch yourself - see yourself as an **experiment**. Watch how you react and ask why but do not pre-judge. Place yourself in challenging situations and monitor your response.
6. Attempt to take as objective a view of your **positive points** as possible. Record what you feel you are good, or better than average, at. Cherish

these qualities. Establish from others how they see you and what they value in you. Be prepared to communicate your positive points to others in a non-aggressive way. Make others appreciate your positive points. Show others how *you* would like them to treat you. Learn to develop a high level of self respect by positively identifying and actively listing your good points. Gradually begin, step by step and day by day, to see yourself as the most important person in your life.

7. Attempt to take as objective a view of your **negative points** as possible. Record what areas you feel you need to improve in your life. Establish from the positive-minded and constructive people in your life how you may better yourself. Take constructive criticism constructively, and use it as a vehicle for self-improvement. From this day forward vow never again to judge yourself in a non-constructive manner.
8. Aim to **improve** every aspect of your life (private, work, love etc.) and aim to respect yourself (whatever kind of person you are, and whatever mistakes you may make), and develop yourself into a well-rounded individual. This takes time, patience, persistence and dedication. Aim to be better and better each day. Actively tell yourself you are like a fine wine - improving and maturing with age. The more you repeat the words, the more impact they will have on your psyche. Your ultimate aim is to be the best you can possibly be.
9. Try to **speak** loudly and confidently when addressing others (for example on the telephone)
10. Spend time on yourself and with yourself. Pamper and **nurture yourself** often so that you feel good about yourself on a regular basis. Go to a health spa; get a massage; go walking etc. Learn to be your own best friend, as our best friends are those we are most inclined to turn to for support.