



5 Ways to Boost Self-esteem

NAME:

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This worksheet is a supplement training guide to “5 Ways to Boost Self-esteem” video published on June 11, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

What does self-esteem mean to you? You may think of it as your inner voice – the voice that tells you whether you are amazing. It is about how we value ourselves, our perceptions and beliefs in who we are and what we are capable of.

If you have healthy self-esteem, your beliefs about yourself will generally be positive. You may experience difficult times in your life, but you will generally be able to deal with these without them having too much of a negative impact on you.

On the other hand, If you have low self-esteem, your beliefs about yourself will often be negative. You will tend to focus on your mistakes and weaknesses, and may find it hard to recognize the positive parts of your personality.

But how do you improve your self-esteem in a practical way? These 5 tips will help you feel better about yourself quickly. The video and the following information below is based from an article written by Nicole Taffs which can be found here:: <http://introvertdear.com/2016/05/30/5-ways-highly-sensitive-people-can-boost-self-esteem/>

- 1) Accept thoughts, emotions, and sensations as they are
- 2) Eliminate should from your vocabulary
- 3) Do not rely on other people to give you your sense of worth
- 4) Forgive
- 5) Take stock of your talent

Once you have tried out a few of these, consider making them a permanent part of your life. For most people, self esteem is not just a happy accident, it's a result of the way they think and the things they do from day to day.

Do you still feel you're not as good as other people?



Our Journey to Personal Greatness and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

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