



mums@work

enjoy work, love family...

20 ways to fill your self-esteem pot

1. Live in the present not the past. The past is gone but we can look to the future and try things differently
2. Accept compliment from others, say thank you and enjoy the compliment. To bat away a compliment is a rejection of the person giving it
3. Be willing to laugh at yourself and with others.
4. Make a list of all the things you like about yourself and feed yourself a reminder of these things regularly. As your self esteem grows the list will grow and you can add to it each day
5. Set realistic goals, make plans and look for opportunities that can help you get the results you want
6. Compliment others often. Often the best way to feel better about ourselves is when we help others
7. Be respectful of others feelings, opinions and rights. This does not mean having to agree, just respecting that they can beg to differ with your view
8. Do it now – don't put things off
9. Like yourself, catch yourself "doing it right" and regularly reward yourself
10. Be assertive but not aggressive
11. Learn to say no
12. Balance work and play
13. Think of others and do for others. This shifts your focus and can give a new perspective on your own problems
14. Listen to music you like
15. Read self development books
16. Spend time outdoors in touch with nature
17. Spoil yourself. Make a list of all the things you enjoy doing most and make an agreement with yourself to do them frequently. Make time for your hobbies each and every week
18. Take full responsibility for your life. See yourself as the cause or source of what happens to you. This may at times be difficult but choosing this way of seeing your situation gives you greater personal power and greater opportunity to change things than if you choose to blame others
19. Change your thinking. Replace old thoughts of inferiority and inadequacy with positive thoughts.
20. Forgive yourself for mistakes and learn from them