

SELF-ESTEEM

“No one can make you feel inferior without your consent.”

Eleanor Roosevelt

It is believed that the major roadblock to success is the inability to believe in yourself. You often overlook your strengths and focus on your limitations. Many self-defeating attitudes are formulated in the early years of life. When you turn negative thoughts around and concentrate on your strengths, you can achieve your goals. It has been stated the success is 80% attitude and 20% aptitude.

Try some of the following to help develop self-esteem:

*Tell yourself at least once a day:

“I believe in me!”

“I have the energy to achieve my goals.”

“I take personal responsibility for what happens to me.”

“I am doing things I never thought I could do!”

*Don't put yourself down – in words or thoughts.

*Make a conscientious effort to improve your personal appearance.

*Read a lot of positive literature and self-help books.

*Make a list of personal strengths, talents, and skills.

*Keep a journal of daily accomplishments.

*Take action on ideas you believe in.

*Try your best, not perfection.

***Above all, think positively!**

WHATEVER THE MIND CAN CONCEIVE AND BELIEVE,

IT CAN ACHIEVE.