

Grow Your Self Esteem



Usage Rights

All rights reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, without the prior written permission of the publisher.

Disclaimer

All the material contained in this book is provided for educational and informational purposes only. No responsibility can be taken for any results or outcomes resulting from the use of this material.

While every attempt has been made to provide information that is both accurate and effective, the author does not assume any responsibility for the accuracy or use/misuse of this information.

Table of Contents

5 Simple Tips to Grow your Self-Esteem	4
For Higher Levels of Self-Esteem, Honesty Is the Best Policy	7
High Self-Esteem Boosts Self-Confidence and Expands Your Life Experience	9
The Self-Esteem-Boosting Diet	11
Use Daily Affirmations to Crank up Your Self-Esteem	14
What Is Self-Esteem and Why Is It Important to Improve Yours?	16
Why Judgement of Yourself and Others is Killing Your Self-Esteem	18
Why You Need to Act Like a Kid for Better Self-Esteem	20
Why Your Self-Esteem Is Low ... and What to Do About It	22
Your Computer Chair is Killing Your Self-Esteem	24

5 Simple Tips to Grow your Self-Esteem

When you think about it, there is nobody more responsible for how you feel than yourself. You can decide to focus on nothing but your negatives, or you can recognize the upside of being you. This is good news, because it means you can improve a poor mood any time simply by feeling better about yourself. The following 5 tips and best practices have proven effective for building your self-esteem when it has taken a hit, when you need a mental or emotional boost.

1 - Eat Some Chocolate

Be careful here. This is not a free license to pig out on some unhealthy, highly processed candy bars or 2,000 calorie desserts. The self-esteem boosting move here is to eat some natural dark chocolate, without added sugar, preservatives and other ingredients. The chemicals in dark chocolate cause the same reaction in your brain that you experience when you feel loved and appreciated.

Studies show you only need to eat two or three small pieces of dark chocolate to boost your self-esteem and feelings of overall well-being.

2 – Keep a Self-Esteem Journal

One of the easiest ways to recognize what is causing you to feel poorly about yourself is to track those experiences. As soon as you begin to question yourself and think negative thoughts about who you are and what you are capable of,

break out your journal. The things going on in your environment may be unconsciously causing your low self-esteem.

What can you smell? What do you see? Who are you spending time with? What physical environment are you in right now? Did you just try to accomplish something and fell short of success? Keep these and any other thoughts and feelings in your self-esteem journal. You should also record what is happening when you feel high levels of self-love and self -appreciation. You may be surprised to find there are patterns which you can avoid to keep from second-guessing yourself and knocking your self-esteem.

3 – Practice Gratitude and Self-Love in the Morning and at Night

When you are daily grateful for the things around you, you will find yourself feeling better about who you are and where you are in the world. Each morning when you arise and just before you lay your head on your pillow, think about the wonderful things you currently enjoy. These can be friends, experiences, gifts or abilities. Then think about the wonderful gifts you are grateful for in your past, even if they may not be present now.

Doing this each morning and each evening is a simple way to develop powerful self-esteem which can get you through the day, no matter what life throws at you.

4 – Set Goals And Create Routines, Rather Than Just Taking the Day As It Comes

Routines, standard operating procedures (SOPs) and patterns are like nirvana to the brain. Your brain loves recognizing patterns and then habitually and automatically responding. When you have some purpose to your day, the **odds** that you will complete that day with a sense of self-worth and self -appreciation are higher than if you simply let life happen. The more routines, goals and SOPs you can create in your life, the better it is for your self-esteem.

5 – Make a Positive Spin

We all fail. We are never going to be 100% successful at anything, and that is just a part of being human. If you were to write down every failure and lack of success you have experienced in your life, you would probably be staggered by the quantity. However, this is no reason for knocking yourself for feeling bad about who you are in any way. Failures are simply things that happen. They do not quantify you as a person.

The next time you experience a failure or lack of success that has you questioning your abilities and knocking your self-esteem, think positively. There are probably incredible lessons you can learn from that failure. Be happy your failure has taught you these lessons, and learn from them in the future. There is always some positive spin to the many failures life is going to hand you, and when you learn to look for them, your self-esteem improves.

For Higher Levels of Self-Esteem, Honesty Is the Best Policy

Do you lie to yourself? We all do from time to time. Sometimes we do it consciously so that we don't have to make an effort. If you lie to yourself about some trait or behavior you know you need to change, you are doing yourself no good. This practice can lead to physical, mental or emotional issues that wreck relationships, ruin your career, or lead to physical health problems.

If you are constantly caught lying, people begin to feel that they can't trust you. This could harm any area of your life. Even if you successfully lie to everyone and are never found out, are you really helping yourself? There is research that indicates people who are constantly lying experience much higher levels of stress, anxiety, and depression than others. This probably happens because they are stressed about being found out, and they constantly have to remember what lies they told in the past.

This is no way to go through life.

Everyone should enjoy healthy feelings of self-worth, and if you have to lie to get through the day, you probably won't feel good about yourself. Whenever you lie to a loved one, the feelings of frustration, disappointment, and anger you feel towards yourself are not good. Worse yet, when you lie to yourself, you are injuring yourself in so many ways.

True Self-Worth Means Assessing Your True Reality

Your feelings of self-worth have to originate from a realization of your true situation. If you are failing all of your classes in college yet you see yourself as a capable student, this dishonesty is not going to help you get your degree. What eventually happens is a person who is dishonest with herself suffers from regular bouts of self-questioning.

She wonders why she can't be honest with herself. She begins to feel frustrated and anxious because of this. These feelings trigger the stress response in the human body, cortisol and other "feel bad" chemicals are produced, and mental, emotional and physical health problems are the result.

When you practice honesty, in your dealings with yourself and others, your self-esteem improves. It may sound contrary to what you believe, but even if your honesty points out faults and failings in your life, this honest appraisal of your situation boosts your self-esteem. You feel good about yourself for being honest. These positive feelings increase how you look at yourself, and they further empower you with self-confidence that you can improve upon those negative areas of your life.

Be honest with yourself and with your loved ones. Lies don't help anyone. You will eventually get found out, and then people will wonder whether or not you really value their relationships. For better self-esteem and self-love, self-confidence and personal relationships, be honest with yourself and those you care about.

High Self-Esteem Boosts Self-Confidence and Expands Your Life Experience

How do you feel about yourself? Did you know that answering that simple question gives you powerful information about how rich of a life you live? Some people are very happy to live a simple existence. There is absolutely nothing wrong with this. In many cases though, the inquisitive and exploring nature of the human brain means that people want to get the most out of their lives by being exposed to multiple experiences and realities.

This is why the travel industry will always generate billions and billions of dollars. People strive to learn and know more about the world they live in and the people that inhabit that world.

One simple way to boost your life experience if you feel like you are stuck in the doldrums is to enjoy a better opinion of yourself. High self-esteem gives you positive feelings about who you are and what you can do. The more positively you view yourself, the more likely you are to take on new experiences or tasks.

This elevates your self-confidence, and when you enjoy high self-esteem, whether you fail or succeed at anything, you appreciate the fact that you made an effort. Consequently, high levels of confidence which come from healthy self-esteem work to improve your self-esteem even more. This is a wonderful cycle of mental health and well-being that begins with you simply recognizing that you are a being that is worthy of recognition.

When you understand that you are uniquely valuable and important, no matter who you are or what you do, you enjoy the self-esteem and self-confidence needed to expand your horizons. Even if you usually enjoy limited exposure to other people and experiences, you may find yourself realizing surprising feelings of positivity and self-awareness when you reach out to the world.

There Has To Be Something More

Have you ever questioned your purpose in life? Do you ever think that there must be something more to your existence than what you are currently experiencing? A 2017 study showed that approximately 2 out of every 3 adults in the United States consider themselves spiritual. You see individuals pushing themselves to achieve new personal bests in physical endeavors all the time. We all strive to have the healthiest, most fulfilling relationships.

Physically, mentally and spiritually our needs as human beings to always be exploring and achieving new heights are linked to healthy levels of self-esteem. Give yourself credit for being an amazing individual that deserves a high level of self-esteem simply for existing. This will boost the self-confidence required to explore new experiences and realities that can expand who you are as a human being.

The Self-Esteem-Boosting Diet

Have you ever expressed an emotion that caught you off-guard? Many people incorrectly think that their emotions and feelings, especially with the way they express them, are entirely self-controlled. In other words, most people have a belief that they should be able to control their emotions, and if they can't, they are inferior in some way. This is not the case. Endocrinologists and other scientists will tell you that in many cases, the way you express yourself emotionally is influenced by some outside cause, dietary choices, or by chemical processes in your body.

Women may understand better than men that emotions and feelings are linked to hormones and chemicals. The monthly process women undergo when on their menstrual cycle causes emotional highs and lows directly related to massive chemical changes they are undergoing. This also happens with men, though it is not routinely talked about, unfortunately.

The good news is your self-esteem can enjoy a healthy boost simply by eating certain things and avoiding others. The following dietary advice will help you realize more feelings of self-esteem and self-love, and fewer episodes of questioning yourself and disliking who you are.

Eat More Fiber

Dietary fiber does a good job of cleansing your body. This minimizes the likelihood that you will become overweight or obese, and additionally reduces your odds of

developing chronic diseases or illness. Why is this good for your self-esteem? Fiber-rich foods like pears, apples, broccoli and whole grains are so good at removing waste from your body, toxins and poisons can't build up in unhealthy amounts.

This reduces the amount of chemicals which negatively affect how you feel. In turn, you have a greater probability of accessing your true emotions and feelings, rather than having negative emotions linked to an inordinate amount of negatively influential chemicals in your body.

Drink Lots of Water

Personal trainers and nutritionists are quick to point out that the average person does not stay hydrated sufficiently. You need roughly 1 gallon of water to pass through your body each day. If you are very active, you need even more water. Your body is approximately 65% water, and this water leaves your body through natural processes every day.

Short-term and long-term mental health problems have been linked to insufficient hydration, and so have a long list of physical health issues. Keep your body cleansed and hydrated by drinking lots of water and all your emotional, physical and mental health profiles will benefit, including your self-esteem.

Eat Kale

Kale is a crunchy, leafy green that has an astounding number of essential minerals and vitamins your body craves. Kale has been proven to offer anticancer, anti-inflammatory and antiaging benefits. Kale also boosts your overall immune system, meaning you are less likely to become sick or ill. Sickness often causes chemical disruptions which lead to negative feelings like low self-esteem.

Eat Fewer of the 3 Ws

A diet which includes a lot of refined sugar, white flour and salt is a deadly diet indeed. White flour is devoid of almost all nutrition and contains a lot of unhealthy and simple carbohydrates, and so does sugar. The human body requires salt, but most processed foods contain dramatically high levels of salt. Cut back on the 3 Ws, white flour, sugar, and salt, and you can quickly find you feel better about yourself.

Use Daily Affirmations to Crank up Your Self-Esteem

We have scientific proof that what you tell yourself manifests itself in reality. You truly can simply your mind to change your life. There have probably been times in your life where you developed a determined attitude towards achieving some result. As long as you constantly kept working towards the achievement of that goal and thought about it constantly, you improved the odds of getting where you wanted to go.

Think about a time in your life when you focused your every thought on a task completion and achieved it. This is personal proof in your life that the things you think and say can lead to the creation of a desired reality. One scientifically proven way to magically create the destiny you desire is through the use of daily affirmations.

What are Affirmations?

Affirmations are nothing more than positive or negative statements which are made to direct belief and behavior. Your subconscious is so powerful that when you tell yourself certain things, your subconscious mind immediately goes to work to create a reality which affirms those statements. If you make a regular habit of repeating a certain statement over and over, the subconscious mind takes this as a truth.

It then directs conscious behavior, which automatically moves you towards the reality you stated in your affirmations. To get the most out of affirmations as far as boosting your self-esteem is concerned, focus on making positive rather than negative statements. You should do this because the subconscious mind does not differentiate between negative and positive statements.

For instance, you may decide to tell yourself every day, "I don't want to overeat today." Your subconscious doesn't understand things like can't, don't, won't and not. Your subconscious is a destiny-creating action taker and behavior driver that doesn't understand not doing something. When you make the previous affirmation, your subconscious simply hears, "I want to overeat today."

This results in the opposite of what you intended. Basically put, your subconscious mind cannot automatically and unconsciously lead you to the set of results you are looking for if you are focusing on negative statements.

The Power of Positive Affirmations

Negative thinking truly does lead to negative results in most cases. The opposite is fortunately true. Boosting self-esteem and how you view yourself can be obtained through the use of positive, daily affirmations. When you rise in the morning and before you go to bed, repeating the following positive affirmations can lead to wonderful results.

- "I am a worthwhile person, and I love myself."
- "I recognize and respect who I am because I deserve self-love."
- "I am grateful for who I am, I deserve success, and I learn from failure."

Any positive statement you can make to yourself about yourself, especially in the present tense, gets your subconscious working to create that reality. If you want to benefit from higher levels of self-esteem and self-confidence, affirmations of self-belief and self-love can create the worthiness you are looking for.

What Is Self-Esteem and Why Is It Important to Improve Yours?

If esteem is defined as "the regard in which one is held" by globally respected dictionary Merriam-Webster, the esteem others have for you indicates how they feel about you. This means self-esteem is logically "the regard in which you hold yourself." In other words, your self-esteem is nothing more than a gauge of how you feel about yourself, positively, neutrally or negatively.

Since your feelings are very liquid, changing all the time, this means you can boost your self-esteem whenever you are not giving yourself enough credit. You may have met people who seem to have a very high degree of self-confidence, self-esteem, and self-love. In some cases, these feelings are not earned, but rather adopted.

Make no mistake about it, there is a difference between understanding the self-esteem you deserve and simply being an egotistical blowhard. When you recognize you are a worthy individual, your self-esteem is natural and in accordance with your accomplishments and the many gifts you have. By the way, it is important to constantly remind yourself you are a unique and amazing individual, and you deserve to hold yourself in very high regard.

The Chemical Connection to Self-Esteem

This is because feelings of negative self-appraisal, even when they may seem appropriate, trigger the release of chemicals like cortisol. Cortisol is linked to high levels of stress. Stress, in turn, causes inflammation, and inflammation is linked to chronic disease, illness, and a weakened immune system.

You can see then that when you beat yourself up and get down about who you are, you can actually cause physical and mental disease and illness to develop. This has been proven by Western medicine and modern science. Negative feelings cause a higher tendency for an unhealthy mind and body-based conditions.

The opposite is also true. Appreciate yourself frequently, and you will find less stress and anxiety in your life. You will encounter fewer times that you become sick, your lifespan will be longer and healthier, and your mental health will benefit as well.

Learn to appreciate yourself more. Did you know your unique genetic makeup has never been present in human history, and scientists and geneticists tell us it will never be present in the future? This means you are a unique, one-of-a-kind individual. You are here for a reason. That is incredibly good news. Pat yourself on your back for the unique individual you are, because believe it or not, you have incredible gifts and abilities which are inherent to you.

Learn to express gratitude every day for your wonderful life and the positive things in it. When you cook a perfect meal, do well on a test, or simply give a 100% effort at anything, take a moment to bask in the glow of self-pride and self-

love. You can truly and positively affect your health and well-being simply by learning to appreciate who you are, and this means not judging yourself by societal standards, but rather regarding yourself highly for the things you do and the person you are.

Why Judgement of Yourself and Others is Killing Your Self-Esteem

When you judge others you are really judging yourself. It is unfortunately much too common of a practice these days for us to cast judgment upon others. This is a fruitless exercise that delivers no rewards, and can actually damage how you see yourself as a worthwhile human being. When you think about it, being judgmental is really just a way of trying to improve ourselves by knocking others down.

You can feel better about yourself a couple of different ways. You can work harder to improve who you are spiritually, mentally and emotionally, and physically as well. The act of attempting to become better in some way makes you feel good about yourself, whether you succeed or fail. You recognize that you made an effort, and that feels good.

Alternately, someone may tempt to inflate his or her feeling of self-worth by constantly berating others. If a person with low self-esteem can bring everyone else around him down to his level, then he can enjoy an incorrect feeling of worth and accomplishment. He looks around him to see those he spends time with as equal or inferior to him, and his constant negative judgment of these people perpetuates this negative behavior.

Judging Others Limits Your Abilities

When you worry about what other people are doing, and there is no personal or business -related need for you to do so, you are really just bringing yourself down. Usually, we judge others negatively, rather than positively. Positive praise when it is earned is good for both the giver and the receiver. On the other hand, negative judgment can damage a relationship, hurt someone's feelings, and keep you from being the most you can be.

When you judge that someone else is not successful or "up to snuff" in some way, this releases you from the responsibility of trying to be your best. By knocking that person down to your level, you negate the possibility that you can improve in some way by making an effort. You diminish your abilities when you spend most of your time judging others.

Self Judgment Can Be Bad ... or Good

When you harshly judge yourself, incorrectly so, nothing but bad can result. Regular self-appraisal is definitely needed for human growth and healthy self-esteem. You should constantly be judging your actions and behaviors, in an attempt to align them with your values and beliefs. This is a healthy process which allows you to grow as a human being and realize the goals and achievements which are important to you.

The problem comes when your judgment is incorrectly heavy-handed. The key is to be very honest with yourself. Don't just immediately pass judgment on yourself for any set of actions or feelings. Look at the situation objectively. It could be that you don't deserve the harsh feelings of self -judgment you are experiencing.

This means seeing failure as a learning opportunity, instead of a declaration of who you are. For a boost in self-esteem, stop judging others. You can never know the entire set of circumstances or influences that has led to their behavior or current situation. Make sure you minimize the amount of harsh self-criticism you deliver as well. Neither type of judgment does much for your feelings of self-worth.

Why You Need to Act Like a Kid for Better Self-Esteem

As an adult, you probably have a lot of responsibilities and duties. A single adult can routinely discover that there is not enough time in the day to accomplish everything that is required. If you have a significant other in your life, there is even more of a chance that you have little time for goofing off or having fun, and this is evermore the case if you have children.

Unfortunately, no free time for playtime is a disaster recipe for low self-esteem.

Nothing you do in your life causes or influences a singular set of actions or processes. When you experience any emotion or feeling, there are chemical processes which are influenced. Depending on how chronic your feelings are positive or negative, you may suffer an unhealthy or healthy balance of the chemicals and hormones your body parts need to function properly.

Additionally, how you respond to outside influences can change this delicate chemical balance. Fortunately, there are things you can do to manipulate how your body works so that you enjoy high levels of self-esteem and self-love, rather than doubting yourself and thinking little about who you are. One way to do so is to make sure you have plenty of time to play in your life.

Make Time for Playtime

You are no doubt familiar with the saying that all work and no play makes Jack a dull boy. Truer words were never spoken. If you don't allow yourself to have fun, play and act silly from time to time, your personality suffers. You become dull to others, and more importantly, you become dull to yourself. Each day you realize you are going to tackle your responsibilities without a playtime reward. Nobody wants to live that reality forever.

Aside from the personal knowledge you have that you feel better about yourself when you are laughing and having fun, there is scientific proof to back this up.

Oxytocin, endorphins, and dopamine are chemicals which are released in large quantities when you are physically active. These "feel happy" chemical health boosters are additionally found when you come into physical contact with others, and when you spend time with people that make you feel happy. This means that when you get together with your friends for a weekend barbecue, a friendly game of basketball, or just to hang out and have a good time, these "playtime" activities promote better emotions and feelings.

When you spend your time enjoying recreational activities with the friends and family members you love, you see the appreciation of who you are in their eyes. This can't help but raise your level of self-esteem and self-appreciation. There are so many good reasons for including downtime in your daily schedule. If you want to live a healthier, happier existence where you feel more fulfilled and worthwhile, taking time to cut loose and play like a kid is essential.

Why Your Self-Esteem Is Low ... and What to Do About It

Psychology Today has linked multiple health problems to low self-esteem. It seems when you don't give yourself credit for your accomplishments and efforts, this triggers a set of conditions which wrecks your body's ability to protect itself from infection, and also to heal itself once it becomes sick or injured. If you get down on yourself and beat yourself up regularly, you can expect more physical and mental health problems, and unfortunately, this especially affects brain-based issues.

As reported in Psychology Today, the National Institute of Health in America reports that 50% of all Americans will be diagnosed with a mental illness at some point in their lives. Licensed Clinical Social Worker Mel Schwartz has noticed a very high connection between low self-esteem and anxiety, depression, ADHD and other mental health issues. This makes sense, as your feelings cause physiological changes in your body to occur all the time.

Don't You Feel like You Have More Physical Energy When You Are Mentally or Emotionally Happy?

This is due to the complicated and interconnected nature of your mind and body. You cannot experience emotions without in turn affecting the way your overall body works in response to those emotions. The parts of your brain which express and respond to emotions and sensory behaviors and stimuli use that information to dictate the raising or lowering of the presence of chemicals in your body.

When you feel low self-esteem for an excessive period of time, this imbalances the ratio of harmful to beneficial chemicals inside you. The result is mental health issues and physical conditions because of an overabundance of the wrong types of chemicals, hormones and other microscopic health influencers.

What Causes Low Self-Esteem?

Studies show that those with healthy levels of self-esteem were often raised in a loving, caring, positive environment as children. Regardless of upbringing, other adults with healthy levels of self-esteem develop this self-confidence and self-appreciation when they enjoy a lot of success in their personal or career relationships. No matter how a person develops a positive level of self-esteem, feeling good about your abilities in one area usually carries over to other areas of your life.

Outside influences can knock your self-esteem for a loop. Unhealthy relationships are often a cause of low self-esteem. Poor air quality, a caustic coworker or unappreciative boss, and any physical or mental health problem which disrupts the natural flow of chemicals in your body can make you feel poorly about yourself. If you have suffered from low self-esteem your whole life, there is a very good

chance medical tests can identify a chemical imbalance which can be treated with lifestyle changes and medicine to give you the positive self-image you deserve.

What Does This Mean for You?

You should give yourself regular self-esteem checkups. The next time you suffer feelings of low self-worth, ask yourself what is really going on. Are there some outward influences which are making you feel this way? If so, minimize your exposure to those things which are giving you an artificial sense of your worth as a human being.

Give yourself credit for successes large and small. Applaud whenever you give your best effort, no matter what the outcome is. Stay hydrated all day long and get plenty of rest, and enjoy a healthy diet. These are simple things you can do to minimize your risk of serious neurological and physical health problems linked to chronically low self-esteem.

Your Computer Chair is Killing Your Self-Esteem

Have you seen any of the recent headlines which claim that "sitting is the new smoking?" Those articles are simply trying to communicate a basic truth, and using a very dramatic approach to do so. It is probably no big mystery to you that smoking, even casually, can cause a long list of health problems. As it turns out, if

you sit too much during the day on a regular basis, the result is a dramatically improved risk of falling prey to just as many if not more health problems than those which are linked to smoking.

When you sit for any length of time, you restrict the flow of blood in your lower body. Think about the physical act of sitting. Your body weight is pressing down on your legs, and the backs of your legs are forced against your seat. This means the oxygenated blood required throughout your body has a hard time making it to your lower extremities. This backed up circulation negatively affects the upper half of your body as well.

Sitting = Low Energy

Extended sitting also saps your body of energy. Poor circulation leads to low energy production, and side-effects such as decreased mental functions and focus, and decreased motor skills. All these processes work against your self-esteem and confidence in a number of ways.

When you can't focus and concentrate, two traits promoted by chronic sitting, you tend to beat yourself up. You wonder why you can't concentrate as you should. You may develop a negative opinion of yourself because of this. When you feel sluggish, tired and chronically fatigued, things that happen when you sit too long, the negative chemical imbalance which accompanies these feelings leads to negative emotions like low self-esteem and poor self-confidence.

Additionally, if you sit too much on a regular basis, overweight, obesity, diabetes and other health problems are your rewards. Poor physical health negatively affects your emotions and your mental health. Chronic sitting in so many ways can

negatively influence your level of self-esteem and so many other important mental and physical health factors.

How Much Sitting Is Too Much?

After 30 to 40 minutes of continued sitting, get up and move around, even if it is only for 10 or 20 minutes. Take a brisk walk. Go check the mail. Walk your dog or do the dishes. An ideal situation would be standing at least as much if not more than you sit during the day. If you absolutely must set for any length of time, keep your arms and legs moving to minimize the negative impact on your self-esteem and overall well-being.

Purchasing an electric standing desk you can raise and lower to alternately sit and stand is a good idea to keep you from sitting too much. In some cases, your employer may even subsidize your standing desk purchase for you.