

BUILDING SELF-ESTEEM

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Self-esteem involves believing in one's own abilities and depending on them to provide desirable results. It includes having confidence in yourself and appreciating the output of your hard work.

Many people think that gaining self-esteem needs you to attend special sessions or get therapies. However, that might not always be the case. Of course, there will always be a few people who feel terribly bad about themselves and might need medical intervention. However, that's more an exception than a rule.

By and large, one does not need to follow any specific set of instructions or practices to build his self-esteem. It can be enhanced by simple observations and practices that include small changes in behavior and daily routine.

Steps to Building Self-Esteem

One can build a positive self-esteem by practicing a few simple steps –

- Meet new people.
- Send positive and friendly vibes to people you interact with.
- Spot good qualities in people close to you.
- Tend to your needs and wants.
- Eat healthy food and maintain a proper diet.
- Indulge in pleasurable activities.
- Try and finish a task that you have stalled for long.
- Take part in activities that need your skills.
- Use assertive sentences like "I am good" to build self-esteem.
- Spend time with people whose company you enjoy.
- Display items around you that remind you of your achievements.
- Learn something new to improve your skills.
- Read on something you like before going to sleep every night.