

How to Boost Your Self-Esteem (and why it goes down!)

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Have you ever noticed your self-esteem seems to go down, and you don't even know why? Each time I hear someone share their story of low self-esteem and difficulty making a decision, I know how they feel.

Four years ago my self-esteem was at an all time low. I had no idea how I'd got myself into this place, and even less idea of how to get out of it!

It seemed the more I wished I felt better about myself, the worse I felt. I used to say to myself "I'll make this decision when I feel better about myself." Or "When my confidence is up, then I'll act."

I had no idea that those thoughts were actually perpetuating my feelings of inadequacy.

What I have learned since then is -

...the less decisions you make, the lower your self-esteem will become...
...the more you put something off, the lower your confidence becomes...
...the more you wait for the courage to act, the less it will appear...
...the more you wish you felt better about yourself, the worse you will feel...

Explains a lot, huh?

The ONLY way to boost your self-esteem is to -

1. Make more decisions, and start caring LESS about how it MUST work out!
2. Get over your need for absolute certainty that everything will be perfect.
3. Let go of not being allowed to make mistakes! It's okay to make a mess, just learn from the mistake and MOVE ON!
4. Stop procrastinating, and telling yourself you're waiting for "the right time". Who are you kidding?
5. Stop waiting for courage to turn up - courage is only needed when you act. As long as you sit there waiting for it, it won't show.
6. Stop focusing on yourself and what you think you lack... because what you focus on is what you get.
7. Focus on what you can do, today, even if it scares you. If it didn't get your heart racing, it wasn't that important to you!
8. Give yourself permission to have a go!

Finally...

If... and ONLY if... you are *genuinely* committed to positive change in your life...

Make a decision and act TODAY.

Whatever it is you have been putting off because you didn't feel good, you weren't confident, you didn't know if you could do it, you were worried it might not work out... whatever it is that you have been giving up on achieving to appease the self-doubt you have nurtured for... how long?!... WHATEVER it is that you have been giving up on achieving...

The time to act is NOW.

- You will feel great about yourself.
- Your friends will notice the difference.
- You will start to like yourself.
- You will meet different people who also like themselves.
- You will experience new things that excite you.
- You will finally feel awesome self-esteem!