

Self Esteem Exercise

Lisa Murphy

Think of something you're good at. What's your biggest talent? What is your best skill?

Bring to mind some of your greatest achievements.

It could be something really big you accomplished at work, or even your beautiful children.

Think of a time you felt really proud of yourself.

Maybe you won a prestigious award... or helped somebody in need... or made somebody smile.

Think of a time in childhood when you felt confident, happy and carefree.

Now think of a party you went to as a teenager where you had lots of fun.

What is it about these memories that stands out the most to you? Is it a certain colour? A song? A fragrance? Or a certain emotion?

How do you feel when you think of all these things?

Imagine a symbol that encompasses all these things.

Now breathe in that symbol, and hold it in your mind.

Do this for a couple of minutes before you have an important call to make, or just before you're going on a date, or even first thing in the morning to start your day.

You might be surprised at the difference it creates to your mood.

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Here's another simple little exercise you can do to raise your self esteem:

Set aside 10 minutes per day, sit down with a notepad, and write down some compliments about yourself.

Just keep writing and don't stop until the 10 minutes is up. Challenge your brain to come up with something new each time. Imagine you're your own biggest fan.

Yes, resistance will come up – 'I can't think of anything... the time is ticking so slowly... it's wrong to be so arrogant'... etc. But just ignore those thoughts and power through regardless.

Don't overthink it – just scribble down whatever comes into your mind, no matter how small, insignificant, or silly it may seem.

For instance: 'I'm a pretty good dancer'... 'I was really kind to that old man yesterday'.... 'That lasagne I made tasted amazing'

When you've finished, read each statement out loud.

This exercise can help you to train your mind to think in more positive ways about yourself. Think of it as flexing your self-esteem muscle.