SELF-ESTEEM BUILDING

Self-esteem is the fundamental belief in your own worth and capability. Whether it was never nurtured or got eroded over time, re-building esteem is an essential process to maximise relationships, physical health, mental health and overall well-being.

SELF-ESTEEM BUILDING

1. KNOW YOUR VALUES

This creates a sense of self & idenitity

Check in with your top 5 values for today.
Which ones stand out as important & why?
Which specific value will you focus on today?

2. DO ESTEEM BUILDING ACTS

This re-builds self-esteem and ensures that esteem comes from within

Think about how you can live your value.
What can you do today?

3. AFFIRM SELF-WORTH

This solidifies esteem & challenges cognitive distortions

Say affirmations, prayer, do gratitude lists, inventories, journalling, voicenotes, vlogs, sponsors, shares & meetings.
Inventory your value based actions for yourself.

4. RECEIVE CONSCIOUSLY

This affirms action with integrity by external world & challenges subconscious negative core beliefs

Without: deflection, minimisaing, challenging, humour, rushing, talking over, subject changing, ignoring, selective listening and second guessing, be present in receiving praise or affirmation from those around you in regards to your value based actions and the person you are.

5. SET BOUNDARIES

This protects & preserves mental & physical health and well-being

Consider how you feel after you spend time with each person in your life.
Some will leave you feeling depleted and others will leave you energised.
Everything we do in life will either promote or deplete our mental health.
Health & well-being must be cultivated & protected with ferocity. Boundaries exist to help us maintain our health, sanity & well-being.
Are there any boundaries you may need to set today?

6. RE-ASSERT BOUNDARIES

This promotes & maintains mental & physical health, well-being and assures a higher quality of life

People will test your boundaries for many reasons.
Functional and assertive communication will be required to make sure that your health, sanity & well-being stay intact.
Consider kindness and compassion when re-asserting boundaries.
Are there any boundaries you may need to re-assert today?