

How To Improve Your Self Esteem

Your self esteem might be ok right now, but that won't last forever. You can easily (and truly) improve it - all that you need is some guidance and following the ten points you can find below:

1. Surround yourself with supportive people with positive attitudes. Stay away those friends that are either cynical or totally negative. Such change will create a huge swell of positive feelings both in you and in your surrounding. You will respect yourself more and your self-esteem will be risen accordingly.
2. Know what you want in life. Create set goals, then work until you achieve them. Remember to break the main goal into several smaller and easier to achieve. This will make easier for you to feel satisfied every time you achieve one of the smaller goals.
3. Remember to be positive about yourself and your surrounding. Remind yourself constantly that you have some good qualities after all (make sure to remember WHAT your qualities are), your accomplishments and how you help your family, friends, others and yourself.
4. Accept all reasonable criticism about yourself. Never get upset or defensive, if you are not perfect yet and you have to accept it. Such approach will let you eliminate your weaknesses one by one. However, don't allow anyone to overwhelm you by cynical or aggressive criticism - it is a form of attack as it is meant to lower your self-esteem. You have to react accordingly, though counterattack isn't usually the best idea.
5. Do not compare yourself with others. Every single man on the Earth has one thing or another that you don't. Comparisons are the easiest way to start feeling inferior and losing most of your self-esteem. Instead, think about yourself in terms of your achievements. This way will help you built/rebuilt your self-confidence and it will make you feel better when dealing with your peer group at the same time.
6. Never ever put yourself down! Remember that failures often behave just like parasites. If only you let them grow, they will take away most of your self-confidence, self-respect and self-esteem. Make it a point of honor to filter out all self-criticism from your thoughts.
7. Do not give let any bullies to rule you in your place of work AND in your personal life. Stand up to them if you need and be assertive about your rights. Learn to make your point in a civilized manner, this is much more effective than fighting battles. Remember that this will make other to value you more, even if you lose some particular battle.
8. Talk to groups of people. Approach them and introduce yourself to them whenever it is appropriate. Ask questions and listen to the answers. Remember to listen carefully and attentively to show our interest. Remember: the more you interact with people, the more you are relaxed. Only the beginnings are tough, the rest is easy.
9. Take care of your body, a healthy body usually makes your mind work better.

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About the Author

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