

Title:

What Creates Self-Esteem?

Word Count:

686

Summary:

We all want to feel good about ourselves but many of us go about this in the ways that will ne

Do you believe that you will have high self-esteem when:

- You make a lot of money?
- You achieve a high position in your work?
- You have an expensive car or an expensive home?
- You are famous?
- You find the right relationship?
- You receive approval from the important people in your life?

While all of these can result in momentary ...

Keywords:

self-esteem, self improvement, personal growth, spiritual growth, self help, love

Article Body:

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While all of these can result in momentary good feelings, none of them create a deep and abidi

Self-esteem actually has nothing to do with your achievements or with other people. Self-estee

- How you see yourself
- How you treat yourself

Richard, a client of mine, is a very successful businessman. He is wealthy, lives in a big hou

As we worked together, it became apparent that, no matter what the outer truth was, Richard co

Jackie, another client of mine, is a very successful actress. Yet fame and fortune have not gi

It might make it easier to see how you create your own high or low self-esteem if you think of

- Speaking up for yourself with others and telling your truth without blame or judgment in con
- Taking care of your body through eating well, getting enough exercise, enough sleep, and so
- Creating a balance between work, rest, play and creative time.
- Treating yourself and others with respect and compassion rather than with judgment.
- Attending to - rather than ignoring - your own feelings and needs.
- Taking the time to pray and meditate.
- Choosing to notice your thoughts and practicing inner self-discipline regarding your thought

When taking loving action in your own behalf replaces your inattentive and judgmental behavior

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