

7 Steps to build your self esteem and confidence

Where there's gratitude there is no space for judgment?

We spend so much time sitting in the negative. Focussing on the parts of ourselves we want to change. Thinking that if only I looked a certain way, had x amount of money, or was like x my life would be so much better. But chances are there is someone out there looking at you and admiring parts of you. The parts that you aren't even willing to acknowledge.

1. What do you like about yourself?

Ensure you list at least one physical aspect

2. What are you good at?

It doesn't matter how small or significant you view this

3. If you were completely left by yourself, what would be important to you?

Take away the work pressures, the perceived ideas from our friends, families or society about what life should look like, and focus on what really matters to you. What is important to you. Nothing is silly or insignificant.

4. Whose opinion matters to you the most?

We all have people in our lives whose opinions we value. The people we go to when we need to make a decision or times are tough. Who are these people in your world?

1. _____
2. _____
3. _____
4. _____
5. _____

Now go back to the people you listed below. Do you find yourself seeking their approval before trusting yourself to make a decision? And are these people supportive?

6. Who do you surround yourself with?

We have people we turn to for advice, then there are people we spend the most of our time with. Do the people who spend time with lift you up? How do you feel after spending time with them? Is the time spent encouraging each other, or b!tching about others?

7. What do you do for fun?

Whether it is dancing naked in your lounge room, singing in the shower, drawing, painting, or walking. You do not have to be good at it and you don't need to rely on others to do it. What makes you smile, feel free and gives you energy, without any expectation, judgements, and no other outcome other than being fun.
