

10 Ways to Raise Your Self-Esteem

Your self image is the relationship you have with yourself. Why is this the most important relationship you'll ever have?

According to Kris Cole, author of *Crystal Clear Communication*, the view we hold of ourselves - whether positive, negative or indifferent - guides everything we say and do. It plays a central role in our success, in our communications and in our lives.

Here are 10 things she recommends to do to help raise your self-esteem:

1. **Take responsibility:** Instead of blaming others, take responsibility for being happy, achieving your goals and enjoying your life.
2. **Positive thoughts and feelings:** Instead of focusing on your faults, think positive thoughts and share positive feelings that build your confidence and make you feel good, competent and self-sufficient.
3. **Associate with people who have high self-esteem:** Instead of hanging out with losers, associate with people who have high self-esteem and who make you feel good about yourself.
4. **Participate in activities you enjoy:** Instead of sitting at home, get out and participate in activities you find enjoyable.
5. **Acknowledge yourself and celebrate your successes:** Instead of being critical of yourself and others, look for something likeable in yourself and in everyone you know and meet. Instead of focusing on your failures, acknowledge your achievements and celebrate your successes.
6. **Focus on being the person you want to be:** Instead of trying to change others, focus on being the person you want to be.
7. **Live in the present:** Instead of living in the future or the past, live in the present.
8. **Nurture yourself:** Instead of overeating, overdrinking and underexercising, take good care of yourself - you deserve it!
9. **Develop your talents and skills:** Instead of saying 'I can't do this' or 'I don't know anything about this', read, attend seminars, learn - do whatever you can to continue to develop your talents and skills.
10. **Accept compliments with grace:** Instead of saying 'Oh, it's nothing really,' accept others' compliments - say 'Thank you!' and enjoy praise without embarrassment.

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