

ZHETYSU UNIVERSITY named after I. ZHANSUGUROV ZHANSUGUROV COLLEGE



12 tips for improving your self-esteem

The level of self-esteem affects all actions of a person. Improving your self-esteem is quite realistic, although it is often a rather slow process. However, conscious attempts to build self-esteem can be useful for almost everyone.

1. Stop it compare myself within other ways people.

There will always be people who have more of something than you, and there will always be people who have less of it than you. If you make comparisons, you will always have too many opponents or opponents in front of you that you can't beat.

2. Stop its wear and blame it myself.

You will not be able to develop a high level of self-esteem if you repeat negative statements about yourself and your abilities. Whether you're talking about your appearance, your career, relationships, financial situation, or any other aspect of your life, avoid self-deprecating comments. Self-esteem correction is directly related to your statements about yourself.

3. Accept all compliments and congratulations with a "thank you" in return.

When you respond to a compliment with something like, "it's nothing special," you reject the compliment and at the same time send yourself a message that you are not worthy of praise, forming a low self-esteem. So accept the praise without belittling yourself.

4. Use affirmations to boost your self-esteem.

Place a statement like "I love and accept myself" or "I'm an attractive girl and I deserve the best in life" on a frequently used item, such as a plastic card or wallet. Let this statement always be with you. Repeat this statement several times throughout the day, especially before you go to bed and after you wake up. Whenever you repeat an affirmation, feel positive emotions about the affirmation.

Thus, the impact effect will be significantly enhanced.

5. Use books, audio and video recordings dedicated to improving your self-esteem.

Any information you allow into your mind takes root there and influences your behavior. If you watch negative TV programs or read crime stories in newspapers, your mood is likely to lean towards a cynical and pessimistic side. Similarly, if you read books or listen to programs that are positive in nature and can increase your self-esteem, you will gain qualities from them.

6. Try to communicate with positive and confident people, ready-made you to support.

When negative people surround you who constantly suppress you and your ideas, your self-esteem goes down. On the other hand, when you are accepted and encouraged, you feel better and your self-esteem increases.

7. Make list yours past ones achievements.

It doesn't have to consist of something monumental. The list may

include small victories, for example: you learned to snowboard, got a driver's license, started going to the gym regularly, and so on. Check this list regularly. As you read your achievements, try to close your eyes and re-experience the satisfaction and joy you once experienced.

8. Form it list yours positive ones qualities.

Are you honest? Selfless? Useful for others? Are you creative? Be kind to yourself and write down at least 20 of your positive qualities. As with the previous list, it is important to review this list more often. Many people focus on their shortcomings, thereby reinforcing their low self-esteem, and then wonder why everything in their life is not as good as they would like. Start focusing on your strengths, and you'll have a much better chance of achieving what you want.

9. Get started more to give to others.

I'm not talking about money. This means giving yourself away in the form of actions that you can use to help others or positively encourage others. When you do something for others, you start to feel more valued as an individual, and your self-esteem and mood improve.

10. Try your best study that, what to you like.

It's hard to feel positive about yourself if your days are spent in activities that you despise. Self-esteem thrives when you are engaged in work or some other active activity that brings you pleasure and makes you feel more valued.

11. Beare correct to myself.

Live it up mine own one life. You will never respect yourself if you don't spend your life the way you want to spend it. If you make decisions based on the approval of your friends and family, you are not true to yourself, and you will have low self-esteem.

12. Take action!

You will not be able to develop a high level of self-esteem if you sit still and do not accept the challenges that arise in front of you. When you act, regardless of the result, your sense of self-esteem increases and you feel more pleasant about yourself. When you hesitate to act out of fear or some other anxiety, you will only feel upset and sad, which, of course, will lead to a decrease in self-esteem.

You are a unique person, with huge opportunities, with huge potential. As your self-esteem grows, your true abilities will be revealed. You will begin to take more risks and not be afraid of rejection; you will not be guided by the approval of other people; your relationships will be much more useful for you and for others; you will do what brings you joy and satisfaction. Most importantly, high self-esteem will bring you peace of mind, and you will truly, truly, appreciate yourself.