



4 Small Steps to Build Your Self-esteem

A very beautiful proverb said, "No one can ride your back unless you bend it." Hence, no one can really dominate you or bother you until you allow them to do so. Most people with low self-esteem take a lot of unnecessary punishment from everyone around them because they feel they are not worth too much. If you ever felt that way, it is because you have a low self-esteem about yourself. Here are 4 small steps to get out of that thought trap:

1. **Start Your Day With Positive Affirmation** - As soon as you wake up in the morning, say to yourself with full conviction: I am good. I feel happy. I am worthy of love. I am unique. Say it every day and keep saying it throughout the day if you want. Stop thoughts like, "I am nothing," "I am totally hopeless," "Nothing good comes out of my hands" and so on. If you feel assaulted by any negative thoughts, stop them and immediately replace them with positive affirmations.
2. **Make a List of Your Strengths and Weaknesses** - If you are not moving ahead in your career, if you find it difficult to go through the day at work, it may be that you are in the wrong career. If you are a fish and judge your worth by your ability to climb a tree, you will go through your life thinking that you are indeed hopeless; while in fact all you have to do is change the test. Make a list of your strengths and weaknesses. Accept the fact that you do not have aptitude for certain things and focus on the path where your strengths are put to best use.
3. **Forgive Yourself for Mistakes and Move On** - You are never as good as they say when you succeed, and never as bad as they say when you lose. So, do not let it to go to your head or heart either way. Everyone makes mistakes; big or small, once it is done, it is done. Look ahead, not back, and find way to build on it. The most important thing is to forgive yourself. Very often the mistake will catch hold of your heart and stop you from you growing.
4. **Take Risks** - Staying safe will never get you too far. You need to take a leap of faith at some point in your career. Do it. Change your job, change your career, quit your job, start a business, start a side business, do something more, do something new. When you take calculated risks, you will find you grow faster both professionally and personally.