

## Don't Let These Four Habits Bring Your Self-Esteem Down

**Summary:** Have you ever sat down and thought about what some of your daily habits are? There are many habits that we each have that may be helping or hurting us.



Have you ever sat down and thought about what some of your daily habits are? There are many habits that we each have that are **helping us work towards becoming successful people**, but what about those habits that are hurting us? Try to rid yourself of any negative habits that are not boosting your self-esteem or building your self-confidence.

- **See [5 Bad Habits You Should Overcome at Work](#) for more information.**

Here are some common habits that people have that are severely hurting them.

1. Avoiding important tasks - When you find yourself avoiding your adult duties, then you need to make a change. Things like paying bills are never fun, but it is a part of being a functioning and happy member of society. Not paying your bills will lead to many serious consequences on top of making you depressed and shut down. Set up a plan to make paying bills easier with a budget and online reminders. If the problem is not enough money to pay your bills, then figure out what you can cut out of your budget until you are back on track.
2. Excessive clutter - Having piles of stuff everywhere can cause stress and anxiety. Discover a system that works for you and makes organizing an enjoyable experience. Take 20 minutes each day to tackle one small area so that you can get rid of those feelings of frustration.
3. Ignoring people - Just like avoiding tasks, avoiding people ruins relationships and leaves you



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feeling alone. When someone calls or contacts you in another form, answer them. The longer you wait to get back to them, the harder it is. If you are busy, call someone on your way to work so that you have the time to call them even if you only have a limited amount of time to talk.

4. Last minute actions - That rush you get when doing something at the last minute isn't worth it. When you are able to pay a bill, fill your car with gas, etc., just do it and don't wait until a problem arises because you waited too long.

Be aware of those things in your life that are causing unnecessary stress. Put your energy into positive habits that uplift you. You can start with small and simple changes each day until you get your bad habits under control.