

## Thoughts that Promote Good Self Esteem

1. Self Esteem comes from accomplishments you have achieved that have meaning to you.
2. Never give up your dreams to make others happy.
3. You are the sum total of your choices. You can't control what happens to you but you can control how you respond to what happens.
4. Everyone has problems. Try to recognize the potential for growth in every situation.
5. Someone else's opinion of you is just that.
6. You get treated in life the way you treat people to treat you.
7. Set emotional boundaries that support you. You have the right to say "no".
8. You, and only you, are responsible for your life.
9. Say positive, supportive, encouraging things to yourself.
10. Your attitude determines how well you manage your challenges.
11. The universe always says yes to what you believe.
12. We form our future by the thoughts we think today.
13. Know and accept your strengths and talents. Use them to grow into your full-potential, living a life with meaning and purpose.
14. A high IQ, physical strength, beauty or achievements do not insure emotional health.
15. It is healthy to love and nurture yourself before saying "yes" to others' wishes or needs. It is important to balance giving and receiving.
16. You are worthy of love and respect: it is not based upon what you do, but who you are.
17. Self-Awareness is important to help you change and grow. You are always capable of learning new things.
18. It empowers you to know your inner self. Your true self can direct your life, help you overcome negative conditioning and help you to live from a place of integrity, balance, and strength.
19. When you love yourself, you are a mirror to help others love themselves.
20. The purpose of life is a life of purpose. You feel purpose when you do what has meaning to you. Your passion about what you do is your gift. Purpose is connected to happiness.
21. Success and happiness come from being connected to your authentic self and doing what is right for you - not doing what you think others expect from you.
22. Worrying about your reputation is like saying others thoughts about you are more important than your own thoughts about you.
23. Jealousy is putting your happiness in the hands of someone else. Self confident people don't worry largely about jealousy because they know they are worthy of being loved.
24. Having low self-esteem is a way of blocking love.
25. Create your vision despite adversity.
26. Try and make every interaction, an interaction of increase.