

## TIPS FOR IMPROVING THE INNER “LANDSCAPE” OR INCREASING SELF-ESTEEM

- **Become your own cheerleader:** Learn to cheer for your ideas, thoughts, and accomplishments. They are valuable, and it is important to identify at least two areas in which to compliment yourself daily.
- **Say something nice to yourself when you feel negative:** The most important time to remember your worth is when you doubt it.
- **Inventory your positive qualities:** The resources we each possess are unlimited. Recognize your potential and use what you have. Create a list of 25 of your positive qualities, attributes, skills, talents, etc.
- **Get involved:** We experience a deeper sense of worth when we give ourselves to someone else in need. Look for opportunities to volunteer, participate in a good cause.
- **Learn from your mistakes:** Mistakes are golden opportunities for learning. Success in life is based on good judgment, good judgment is based on experience, and experience is quite often the result of poor judgment. List what you have learned from your five “mistakes of failures” that you have had in your life.
- **Set realistic goals:** There is a great satisfaction in achievement. Start with small accomplishments and see how they grow.
- **Learn to see options:** There are always at least two ways to look at any situation. Pick the most positive.
- **Practice self-affirmation:** Create statements about yourself that empower you. Write what you want to be like, say it out loud, think it, and become what you desire to be.
- **Be nice:** Give what you desire to receive. If you express positive ideas and maintain a positive outlook, eventually positive things will come to you. The best way to feel love is to give love.
- **Relax:** Taking care of yourself nutritionally, physically, emotionally, and spiritually is part of the rebuilding process that restores energy and enthusiasm.
- **Laugh:** Laughing and humor allow you to overlook the stumbling blocks that clutter your daily path. They help you find effective (and sometimes fun) solutions to life’s problems.