

BUILD YOUR SELF ESTEEM WORKBOOK

This workbook can be used on its own or alongside the *Build Your Self Esteem* article.

Writing down your responses and insights to the questions posed in the article will help you respond with greater clarity and thus provide you with deeper guidance about how to support yourself.

When you fully engage with this teaching you bring in the wisdom, knowledge and understanding that lies beyond your conscious thoughts. It is said only 10% of our mind is occupied by our conscious awareness and 90%, the majority, lies beyond that. What that 90% holds is not known exactly, but it's almost certain it includes your subconscious memories, past patterning beliefs and perhaps deeper wisdom.

Releasing any need you may have for control of your thoughts allows you to access deeper knowledge to obtain greater insight and understanding. By writing down your responses you are able to tap information that may not be available to your conscious mind, giving you access to deeper feelings and past programming. By using this workbook as a tool in this way you can access greater creativity with expanded possibilities for your future.

As you move forward through life aspects and details of your past thinking and emotions can become blurred or forgotten. Recording your responses in this workbook provides you with a written record of exactly where you are right now. You can then come back in the future, whether near or far, to remind yourself of your intentions. It also serves to inspire you to continue forward on this journey whenever you hit a wall of limitation, by reminding you of just how far you have already shifted.

Print out this workbook and respond to the prompts so you can plan a course where your Self-Esteem strengthens and provides you with a solid foundation for carving out a joyful life.

Life Choices To Support & Build Your Self Esteem

It's easy to get the terms self-esteem, self-respect, self-love and self-worth confused, and so we often interchange them. But these terms have very different meanings.

Self-esteem is an umbrella term that encompasses both self-respect and self-love.

Self respect is about how you feel about yourself and it's the foundation on which to create a happy life. Self-respect doesn't come from worldly success or anything you achieve but instead relies on you feeling good about yourself on a daily basis.

Self-love is about taking the time to care for yourself by fulfilling your core needs. It happens when you fill your life in such a way that honours your essential nature.

Self-worth is associated with a role you play in life. It occurs when you measure your value against something else, a person, society's expectations, success. The problem with using this as your primary measure, is that when the particular role ends life can also lose its meaning.



*It's essential to remember that you can't give anyone else self-esteem,
even your own children. Self-esteem must come from within.
And that applies to you too.*

Self Respect

Think of a self-respect as being a scale. Consider where you stand on the self-respect scale.

- * How do you feel about yourself?
- * Is it normal for you to feel this way?
- * Or do you only feel like this occasionally?

Identifying your self respect level is the first step to improving it.

Self Love

Your ability to show yourself real self love is bound up in how much self respect you have. If it's low you probably have difficulty practicing self-love that nourishes and sustains you while you're building your self esteem.

Consider these questions to gauge your level of self-respect.
Journal your thoughts if it helps you get clarity.

Do you think happy thoughts?

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Do you speak kindly to yourself?

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How often do you talk about your problems? Or dwell on them?

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How much time do you spend running around looking for solutions? Is your default position crisis management?

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How reactive are you?

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Do you participate in activities you enjoy?

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Do you like the people you spend time with?

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Self Love: How Do You Support Yourself?

List some activities that give you comfort

When we're trying to practice self-love we often include activities that are not really very good for us but which make us feel good in the short term. Things like eating cake or chocolate or crisps, a shopping spree, drinking alcohol, or bingeing on netflix all feel good in the moment. And we can convince ourselves we're practicing self-love by indulging ourselves with these types of activities.

But while these are all something we enjoy at the time, they don't support us to build a life we love filled with joy, or to build and reinforce our self-esteem.



Self Respect: Feel Good About Yourself

What needs to happen or change for you to feel good about yourself?

The key is self-respect.

Until you respect yourself you won't find joy because your internal critic, 'the judge', will continue to always find something wrong with you, as well as with what you do.

When you indulge in the transient pastimes listed above to practice self-love 'the judge' will always butt in to remind you that you need to lose weight, save or make money, find love, be successful, or any other fault it can find.

Whenever you hear the voice of your internal critic it's a sure sign that your self esteem needs some work, right then and there. And to do that you need to make choices in your daily life that make you feel good about yourself.

10 Feel Good Choices

1. Say 'NO' more often
2. Do a job you've been putting off for way too long
3. Perform an act of kindness
4. Do something that will help you achieve an important goal, even a small step
5. Establish a new habit such as giving up sugar or going for a daily walk
6. Set standards within a relationship
7. Walk away from conflict
8. Set and maintain boundaries
9. Take time regularly to do something you love
10. Put money aside, even just a little, for important things



How To Practice Self Love

Knowing exactly how to best love yourself is simple.

The clue lies in working out the ways you show your love to others.

By remembering that the world we experience around us mirrors our internal world we can find the answers. We only need to look at what we do for others and how we show them our affection to discover how we need to love ourselves. The ways you show love and affection to others are also the ways you need to love yourself.

For some this may be through support, whether that's physically or emotionally or both. Others may need displays of affection to feel loved. Some may need gifts. Others may need time for themselves. There are so many ways in which we demonstrate love and how you need to do this is unique to you.



Honouring yourself comes from within. What truly honours your unique essence may not be what the world deems as normal or the ideal. Striving to be your best is one thing but striving to be perfect disconnects you from your heart.

To nurture and grow self esteem you need to be true to your heart and live in a way that honours your essential nature.

You will know when you are honouring your essential nature because you'll be living in a way that makes you feel good about yourself.

Before you make a choice ask yourself "Does this choice make me feel good about me? Does this choice respect me?"

List some of the ways you treat yourself with Self-Love?



Grow Your Self Esteem

To honour your essential nature you need to become very aware of your needs. Only then you can make filling those needs a priority which supports your growth.

Engaging with your intuition and learning how to understand what it is saying to you is the most powerful way of knowing your own needs at a very deep level. Your intuition can help you become aware of what motivates you, so you can be proactive about making choices that support you.

Learn more about intuition in the 'Listen To Inner Voice' Category in the WGW Membership Portal

Common Ways To Grow Self Esteem

1. Talk kindly to yourself
2. Refuse to spend time with people who put you down
3. Get a pet for some unlimited unconditional love
4. Develop your personal strengths
5. Give back by sharing your strengths and gifts with others
6. Accept that you don't always have to be perfect
7. Break free of the Tribe



How Much Are You Influenced By Others?

Advice is fine when we seek it from those we value. But most of the influence we receive every day is unsolicited and comes from the Tribe.

The Tribe consists of family, friends, social media, peer group, church, colleagues, bosses, teachers, spiritual mentors and anyone else who has an undue influence on the choices you make. They influence your decisions, your behaviours and have a negative impact on your self-esteem. They're the ones we feel a need to impress or those we feel we must conform with.

It's difficult not to be influenced by others. Most of us accept unsolicited influence without question. We are usually not even aware of the extent to which we're being influenced. As a result we can easily pass on half truths, limiting beliefs and myths without even realising it.

Tribal influence holds us on a treadmill of fear where everything we do is influenced by what others might think of us. This influence affects our beliefs, our values and the rules we live by. And it can affect our opportunities for joy and happiness.

Some people try so hard to NOT be influenced that they rebel and refuse to conform. However, this is just a different way that they are actually still being influenced by the Tribe.

Breaking free of the Tribe is fundamental to building self esteem.

When we break away from the Tribe we become free to make our own decisions based on who we are and what we want from life. To do this it helps if we become aware of the extent to which we are influenced by others.

Think about whether any of these statements can be applied to your interactions with anyone, or anything, you know. If they are true for you they indicate where you are being ruled by the Tribe. Check the ones that apply to you.

- ☐ I struggle to make decisions without talking over an idea (or consulting with) others first
- ☐ I worry about what others will think of me
- ☐ I make important choices (eg: career) based on what others say I should do
- ☐ I pretend I am better off than I am
- ☐ I pretend I am more in control of my life than I am
- ☐ I refuse to conform
- ☐ I brag
- ☐ I dress to impress
- ☐ I need praise, or to be acknowledged



The People You Mix With

The people you associate with regularly have a huge impact on how you feel about yourself.

Notice how you feel after spending time with someone. If you feel down in any way afterwards it is better to reduce the time you spend together.

People I need to limit the time I spend with because they don't leave me feeling good about myself



Strategies to Build Self Esteem

There's a difference between being selfish and aware. It's not selfish to honour your needs, to love yourself, take care of yourself and make your happiness a priority.

You support yourself whenever you do something that makes you feel great about yourself.

Choices that make you feel better about you lead to something better in your life.

What needs to happen for you to feel good about yourself?



Every day, at least for the next thirty days, choose three things to do for yourself from your 'honour your essential nature' list, and do them.

After thirty days continue with this ritual.



Three positive affirmations I can say about myself to build and reinforce my self-esteem are:



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And Remember,

The best ways for you to honour YOUR unique essential nature and build Self Esteem are:

- * Turn off your inner critic
- * Listen to your intuition
- * Take your power back

*Spend time each day
paying attention to YOU
Sit still, breathe, and
notice your body
thoughts & emotions*

—◆◆—
*Make compassionate
acceptance & awareness
part of your daily ritual*



