



One said that to increase your self-esteem is very easy, just do good things and remember that you've done them. And this is a point – we forget. Very quickly. Let's practice to remember our strengths, positive qualities and achievements. Come on, take a pen and piece of paper and here is what you will write:

1. SELF-APPRECIATION

Write a list of your top seven qualities. These are what make you unique. Everyone is unique. You have something what nobody else has, for sure. Carry these around with you, on a piece of paper or as a note on your smart phone so you can remind yourself who you are and what makes you special.

2. MY SUCCESSES

Think about the times in your life when you've been successful at something. Write a list of these times and remind yourself how you did this and how great it felt when you'd achieved your goals. How did you feel and what did these successes look like? Use this past experience to fuel your self-belief and confidence for achieving your goals in the future.

3. COMPLIMENTS

Remember all compliments you have ever received. If your mind is not trained in noticing and accepting compliments, you may not remember many of them now. Being able to accept, believe and feel good about compliments is crucial to cultivating a high level of self-confidence. The best way to accept compliments is to look the person in the face, smile and say 'thank-you'. Nothing else, bury that urge to reply with a negative response or to bat away the compliment in an embarrassed manner. If you find it hard to accept compliments for yourself then think of how the other person will be feeling. Looking embarrassed or looking down at your feet uncomfortably will only make the person giving the compliment awkward - no-one wins in that situation!

4. POSITIVE AFFIRMATIONS

Pick three strong statements, which literally make a negative self-belief into a positive one. For example, if you believe you're not a confident person then 'I am a confident person' could be one of your daily positive affirmations. Say your positive affirmations out loud or write them down throughout your day as this makes them stronger because you're connecting with yourself.

5. TAKING CARE

Write a list of things you could do to take care of yourself. Take time out to nurture yourself. Eat well and drink less alcohol. Go to sleep early and exercise. Make any small adjustments possible as they are ways to prove to yourself that you are worthy of being cared for. Remember you deserve to take care of yourself and be taken care of!

Make it a new habit to notice what you do well, to remember it, to celebrate it, to write it down that in a week, month or a year you can read them again and enjoy feeling good about yourself.