

How To Build Self-esteem

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"Discover The Hidden Truths About Yourself And Learn How To Live Up To Your Potential!" Were you one of those kids in school? You know which ones. Were you one of those kids who had a note from the teacher on every report card that said, Johnny isnt living up to his potential! Its funny but did you ever think that the teacher had a rubber stamp with that phrase that she used to label every student? Actually, she wouldnt have been far from the truth even if she graded you today! Most people fail to live up to their potential. Why is that? Life gets in the way for one thing. But, more importantly, we have allowed ourselves to be crammed into a mold of how other people perceive us. From: Your Name Here Thursday 11:03 AM Dear Friend The only way this can happen is if you have allowed others to manipulate and define who you are. Its easy to do. Somewhere its written that it takes 21 days to create a habit. If thats the case then it should take 21 days to eliminate the habit, right? Unfortunately it isnt that simple. Why? The answer lies somewhere in between your self-image and self-esteem. Have you ever heard the story about the fleas in a jar? It goes something like this: If you place a bunch of fleas in a covered glass jar you will observe them jumping to break free. After a short period of time remove the lid. The fleas will continue to jump only as far as the top of the jar even though the lid is no longer there. Whats the point? The point is that the fleas have become conditioned. They understand that if they behave in a certain way the result is predictable. Well, the same thing happens to people. After years of bombarding ourselves with conditioned, negative results we become a self-fulfilling prophecy. We become what we think. The really great news is that YOU CAN CHANGE! Change your mind and you will change your life. Do any of these circumstances apply to you? Have you become argumentative? Do you give or get the silent treatment from your partner? Does your spouse nag? Is your home life in shambles? Kids out of control? Do you feel angry all the time? Have set goals only to fail to meet them? Would you like to laugh more? Are you experiencing feelings of helplessness? You can take control and make huge steps toward improving your outlook on life. What you must change is not your circumstances, but your self-esteem. Somewhere along the line you began to believe the negative input that bombards us daily. The first step to changing our circumstances is to change ourselves. Again, change your mind and you will change your

life! How to Build Self-Esteem will show you how to make those crucial changes to your self-esteem and do it in laymans terms. Heres how: Learn exactly what self-esteem is Where it comes from Who gets low self-esteem and how How to change it Discover how to eliminate procrastination How to define your self talk Attitude equals self-esteem Are you a perfectionist How to grow a YOU attitude Learn how to accept compliments And much more Low self-esteem is nothing to be ashamed of or embarrassed by. It also does not mean you should blame your parents, siblings or school because your self-esteem is not what it should be. It is true that in some cases, any of those factors could play a role but the majority of those with low self-esteem have just been susceptible to the negative influences that surround us every day. How to Build Self-Esteem will help you determine 1) If you have low self-esteem and 2) What you can do about it! Remember that your self-esteem is analogous to your self-image. Determine what is causing a low self-image and the cure for low self-esteem becomes simple. If you are wondering why it is that other people are successful and you think you are not you need to explore your own self-image and your self-esteem. The answers are found in How to Build Self-Esteem and its just a click away!

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