

## **MSTP > # 9 Mentors - Self-Esteem - Beliefs**

### **Mentors**

How to find a Mentor on life?

Chapter # 09. **HHHH**

### **Mentors - Self-Esteem - Beliefs**

Develop A Strong Relationship With Mentors and **Spiritual** Parents

#### **Relationship With Mentors**

How do I pick a **mentor**?

Want a Mentor?

Here Are 5 Keys to Choosing and Approaching the Right One

You've heard plenty about the power of **mentors**, but lasering in on and landing the right one can be tricky. Here's how.

**Bill Gates** has his **Warren Buffett**. Luke Skywalker has his Yoda. Kanye West has his, uh, Kanye West.

You've read or heard much on the power and importance of **mentors**. But how do you find the right one for you? And how do you get past that intimidating, even scary step of approaching someone to be your mentor?

Wonder **no** more my dear readers. I shall mentor you on these very **questions**.

First, just how do you choose the right one?

And **no**, there's **no** such thing as **Mentor** Tinder, so you're going to have to do your homework.

Here are five things to look for in your ideal mentor -- and then five ways to reel them in:

#### **What to look for in a potential mentor**

1. They have a propensity for willingness.

You **shouldn't** be timid in asking for a **mentor**, and you certainly want to increase your chances of getting a "yes". So, it's important to look for leading indicators as to whether or **not** someone is likely to say yes to a mentor request.

Are they involved in the community? Do they have a track record of mentoring? Are they known for being an "**others-oriented leader**"? Good signs all.

2. They ask more than they answer.

While you want advice from your **mentor**, you want the right advice that's tailored to your unique situation, skills, and development opportunities. **Mentors** that ask a lot of **good questions** are putting effort into efficiently helping you, and helping you help yourself.

How do you find out if they have this skill set?

Ask around if they're known for asking a round (**or two**) of **questions**, versus just dictating answers.

3. They embody characteristics you want to emulate.

Every minute spent with a **mentor** is precious, so you may as well be:

- a) looking forward to being around them, and
- b) looking to absorb, reinforce, and replicate shared values.

4. They're **not** too much like you.

You want core values and **beliefs** in common, but you **don't** want your **mentor** to be a replica of you. Are you extroverted? Consider an introvert **mentor** (**or vice versa**). **Not** the best communicator? Look for a public speaking stud.

You get the idea.

5. They've succeeded in your field.

**Not** everyone will agree with this, citing the need for diversity of wisdom.

Thanks, but I'd rather take somebody who has "been there, done that" and can help me be there and do that, too. Someone that will hold me accountable on my own **path to success**.

How to reel them in

Now that you're circling around a targeted **mentor**, it's time to land the plane. Here's the approach:

1. Be prepared, but **not** presumptuous.

While you want to assume success in your ask and show up prepared, understand that you may get a "**no**." Show emotional intelligence, indicating that you know you're asking for a commitment -- and that it's a privilege to get a "yes".

2. Share why you're asking them in particular. Want a **mentor** for your life guidance or for your next life-long mate?

Be sincere and specific without being butt-kissy.

3. Share why you're a good fit for them.

Again, be sincere and specific. Include how you might be a potential value-add to them.

4. Be clear on what you want from the relationship and why.

If you **don't** know what you want, they **won't** know how to help -- and they'll surely gracefully withdraw from the relationship.

Be willing to negotiate and be flexible on how, when, and where the mentor sessions take place.

5. Share why you'd be a great **mentee**.

As Sheryl Sandberg indicated in [Lean In: Women, Work, and the Will to Lead](#), **mentors** want to know that you can be successful, that you have potential, and that you're **not** just some random lost soul who's throwing darts. They want to know their investment (**YOU**) will pay dividends.

So, choose wisely, stick the landing, and make the most out of the force that is **mentorship**.

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### How to Find (and Keep) a **Mentor** in 10 **Not** – So - Easy Steps

Most people misunderstand **mentoring** — I certainly did. For the longest time, I said I wanted a **mentor** but **didn't** understand what that even meant. That is, until someone pulled me aside, invested in me, and taught me what a **mentor** really was.

I see a lot of young people approaching **mentoring** the wrong way.

They ask a leader they admire to **mentor** them, forcing the person into an awkward position in which she feels **bad** for saying “**no**” or obligated to say “yes.” But this is **not** how **mentoring** works.

### Common misconceptions of **mentoring**

I have a passion to see that change. There is a lot of misunderstanding about how **mentoring** works, including how to begin a relationship with a mentor. Here are some of them:

**Mentoring** is about me.

I need to wait for a **mentor** to find me.

Being **mentored** is more passive than active.

I need to ask someone to **mentor** me up-front?

Face it: Everything you know about **mentoring** may be **wrong**. It’s time to start seeking out a **mentor** the right way. In finding a **mentor**, there are 10 important steps I’ve found that usually work:

#### 1. Find someone you want to be like

**Don’t** just find someone who has a job you want or a **platform** that you covet.

Find someone that is like you, someone with a similar set of strengths and skills you want to emulate. Otherwise, you’ll just end up frustrated.

Spend some time finding the right person. In fact, have several candidates before committing to a single **mentor**.

#### 2. Study the person

Follow his blog. Get to know people who know him.

If you **don’t** know the person well, see if he is really like his public persona projects.

Make sure you understand his strengths and weaknesses. Set your expectations realistically.

#### 3. Make the “ask”

**Don’t** ask for the person to “be your **mentor**” right off the bat. That’s a big ask. Far too big for the first meeting.

Rather, ask for an initial meeting — something informal, over coffee maybe. Keep it less than an hour.

Come with **questions** that you're prepared to ask but let the conversation flow relationally.

(**Note: the formality really depends on the potential mentor's communication style — something you should be aware of before the initial meeting.**)

When in **doubt** about when to make the ask, just **go for it**. (**That's what I do, and it usually works.**)

#### 4. Evaluate the fruit

After meeting, do you want to spend more time with this person?

Did she begin the meeting by encouraging you or telling you what to do? Did she ask **questions**, or wait to provide answers?

Did you leave the meeting feeling better about yourself? Was a connection made? If **not**, feel free to let the relationship go and seek out someone else, instead. You **don't** have time to waste on a self-centered tyrant.

If it went well, then immediately put together a follow-up plan.

#### 5. Follow up after the meeting

This is **not** like a man – woman dating. It's okay to appear overly ambitious. You want this person to know that you're serious.

It's appropriate to follow up immediately, thanking your prospective **mentor** for her time.

A good way to do this is via email or other form of passive communication, so that you **don't** appear overbearing or waste the person's time.

This is also a good time to mention that you'd like to do it again. If she reciprocates, offer to get something on the calendar. (**You may need to suggest a time.**)

Make sure that it feels relaxed and **not** contrived. You're still vetting each other at this point.

#### 6. Let the relationship evolve organically

We sometimes place too high of expectations on **mentoring**. We want to give it a name, because it gives us a sense of status and importance. But really, it's just a relationship.

**Mentoring** is organic. It's healthy to let it grow like any other relationship — over time and based on mutual respect and trust.

**Don't** force it. That will **kill** a potential **mentoring** relationship faster than anything. Give it time; it needs to grow.

#### 7. **Don't** check out when you feel challenged

I was recently speaking with a friend who's **mentored** a number of young men over the years. He said the **saddest** part about what he does is that a lot of guys check out of being **mentored** whenever he challenges them.

It will happen. You'll get to a point where your **mentor** will feel comfortable enough to call you out. And what you do next is crucial to your growth.

**Remember:** this is what you signed up for. **Don't** wimp out when it gets tough; this is where the really good stuff happens.

#### 8. Press into relationship

**Don't** wait for the **mentor** to initiate. Learn how to **manage up**. Persevere. Ask for more of your **mentor** without demanding it.

This **doesn't** bother him (**at least, it shouldn't**). It honors him. It **shouldn't** be a big deal to ask this person to coffee or lunch, outside of your normal meeting time.

If a **mentor can't** be a friend, then he's probably **not** a good **mentor**. Finding ways to solidify the bond you've created will only strengthen the relationship.

#### 9. Ask your **mentor** for feedback

Feedback can be hard, but it's good. As your relationship with your **mentor** progresses, this will be the #1 way you grow. It will be a highlight for the both of you.

While asking for feedback may initially feel weird, eventually it will become almost second-nature. You will find yourself thirsting for those words you used to **fear**.

Similarly, a good **mentor** will treat these times with great care and sensitivity.

#### 10. Commit to the process

You **can't** be **mentored** in a summer. That's an internship. **Mentoring** takes real long time and some long real work.

In order for it to be a real **mentorship**, you have to commit to the relationship. Come **hell** or high water, you're going to make it work.

Then, you will begin to understand what it means to be a student, a disciple, a protege.

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### How to choose the right **mentor** for YOU

Anyone can find a **mentor**, but will they be suitable for what you need right now? To choose the right **mentor** for YOU for your personal growth or for your next life time mate, and for marriage. To choose the right **mentor** for YOU for your personal and job enhancement. Stacey Ashley provides some tips.

A trusted business colleague of mine regularly talks about 'The Right **Mentor** for Right Now if you want to find the right **mentor** and I have to agree. It is **not** as simple as choosing a **mentor** who has the relevant experience. If you want to find the right **mentor**, you need to select someone who can offer you what you need right now – which may very well be different to what you needed 12 months ago, or even in the next 12 months.

So just how do you go about choosing the right **mentor** for right now? The first key step is actually figuring out what you are trying to achieve as this will help you define the criteria for the right **mentor**.

Try answering the following **questions** to assist you in getting clear on this:

Are you looking for help in relation to specific aspects of your career, or your current or future role?

Are you trying to take your career or leadership to the next level?

Are you looking to develop your own strengths, skills and experience for the next five years?

Or is it more about getting support for some specific challenges you are facing now – personally, or in your role or career?

1. The next stage is to identify how you would like the actual mentoring relationship to work. This could include:

Will it be formal or informal?

How often do you want to meet and where?

Do you anticipate paying for your **mentor**?

What sort of person do you enjoy working with and are there any specific values that are important to you in a **mentor**?

How do they approach the mentoring process and how comfortable are you with this approach?

2. Finally, take some time to identify whether someone is the right mentor for you (**and whether in fact you are ready for a mentor**) by investigating the following:

What is their career experience?

What is their experience as a **mentor**?

Have they done what you're trying to do?

What other factors matter to you?

Are you ready to 'get real' with yourself?

Are you ready to be challenged and to be stretched outside your comfort zone?

How open are you to considering suggestions and guidance from your **mentor**?

Are you prepared to make changes to your role/career and/or yourself if that's what's needed to achieve what you are aiming to do?

As well as being **mentored** myself, I have been a **mentor** for over 20 years. In my experience, the following attributes are present in all great **mentors**:

**Listening skills** – Sure, everyone can listen, but true listening skills take focus and connection. Great **mentors** listen with all of themselves, **not** just their ears. They also should be fully present with you in the moment. The feeling of being listened to is one of the gifts that **mentoring** brings and it can be a powerful force in supporting you to think, decide and take action.

**Questioning skills** – Great **questioning** from your **mentor** will broaden your thinking, help you analyze and reevaluate, challenge you to consider other options, and develop your understanding of yourself. Therefore, your **mentor** should be skilled in **questioning** techniques to unveil possibilities. They should also use their intuition to ask the right **question** at the right time.



The ability to challenge you to stretch yourself and ask you the **questions** that you may **not** normally ask yourself! This will assist you in gaining clarity of what you are really capable of, and also challenge your thinking. **Remember**, mentoring should be about growth, taking you beyond what you do and who you are now and into the whom you can become zone.

Experiences to share – Each **mentor** brings their own wealth of experiences and should be willing to share their lessons. Some of the most valuable experiences are where they may have made mistakes and what they learned from them.

Encourage and support you – **Mentoring** is a partnership and both the **mentor**, and the **mentee** have responsibilities. Part of the role of the **mentor** is to support and encourage you as they need to believe you in.

Gaining a **mentor** can be a life changing process but always ensure that you choose wisely. **Mentoring** is all about you so if the **mentoring** partnership **isn't** working for you then take steps to address this rather than just carrying on. **Remember** as well, you can always select multiple **mentors** to assist you in different areas of your life or career.

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### Self-Esteem

Yes, there is always baggage. In all men's lives and in all women's lives. Yes, there is always baggage. I've known a lot of **divorced** people in my lifetime, and it seems to me (from a totally uneducated layman's point of view) that the biggest baggage is usually the **self-esteem** issues. Of a person's own low **self-esteem**.

If you are a person who is considering marrying someone who has been through a **divorce**, or if you have already married someone who has been married before, this is my advice for you. **Don't** hold your marriage hostage by **not** being willing to accept the fact that your spouse has a past. Be totally prepared for those **self-esteem** issues that will almost always surface. Be the salve for those **self-esteem** issues; **not** the irritant.

Maintain self-respect and **self-esteem**. It's easier for someone to like you and to be around you when you like yourself. Research has shown that the more roles people fill, the more sources of **self-esteem** they have. Meaningful work — paid or volunteer — has long been one of the most important ways to exercise and fortify a sense of self.

**Higher Self-Esteem Among Teens** There is evidence to show that teens that have grown up attending church tend to have a better self-image than those without religious commitment.

In his book, "Lost Boys", he observed a distinct lack of moral development as one of the common denominators for child criminal behavior. Delinquent children do **not** adapt well in school, have low **self-esteem** (making them ultra-sensitive to criticism), are physically or emotionally distanced from their parents, and feel unsafe in their communities.

## Self-esteem

### How do I get self-esteem?

Explains what **self-esteem** is, practical tips for improving your **self-esteem**, and advice on where you can go for support.

### What is self-esteem?

**Self-esteem** is how we value and perceive ourselves. It's based on our opinions and **beliefs** about ourselves, which can sometimes feel really difficult to change.

Your **self-esteem** can affect whether you:

- like and value yourself as a person
- are able to make decisions and assert yourself
- recognize your strengths and **positives**
- feel able to try new or difficult things
- show kindness towards yourself
- move past mistakes without blaming yourself unfairly
- take the time you need for yourself
- believe you matter and are good enough
- believe you really do deserve happiness.

For me, building **self-esteem** was [**more about**] learning what **self-esteem** was in the first place. It was unlearning what I had learned about myself ... I went back to self-school and learned all about me

What can cause low self-esteem?

The things that affect our **self-esteem** differ for everyone. Your **self-esteem** might change suddenly, or you might have had low **self-esteem** for a while – which might make it hard to recognize how you feel and make changes.

Difficult or stressful life experiences can often be a factor, such as:

- being bullied or [abused](#)
- experiencing prejudice, discrimination or [stigma](#)
- losing your job or difficulty finding employment
- problems at [work](#) or while [studying](#)
- ongoing [stress](#)
- physical health problems
- [mental health problems](#)
- relationship problems, **separation** or **divorce**
- worries about your appearance and body image
- problems with [money](#) or [housing](#).

You might have had some of these experiences, and you might also have had difficulties that **aren't** listed here. Or there might **not** be one particular cause.

My **self-esteem** has almost disappeared.... I **don't** know how to interact with people anymore and find it hard to enjoy the things that I like.

Whatever has affected your **self-esteem**, it's important to **remember** that you have the right to feel good about who you are. It might feel as if changing things will be difficult, but there are lots of things you can try to improve things bit by bit – see our [tips to improve your self-esteem](#) for some suggestions.

Is low **self-esteem** a mental health problem?

Having low **self-esteem** **isn't** a mental health problem in itself, but they are closely linked. If lots of things affect your **self-esteem** for a long time, this might lead to mental health problems (**for example** [depression](#) or [anxiety](#)).

Some of the experiences of low **self-esteem** can be signs that you're experiencing a mental health problem, particularly if they last for a long time or affect your day-to-day life. **For example:**

- feeling hopeless or worthless
- blaming yourself unfairly

- **hating** yourself
- worrying about being unable to do things.

Having a mental health problem can also cause you to have low **self-esteem**, and it might feel harder to cope or take steps to improve your **self-esteem**.

See our information on [mental health problems and seeking help for a mental health problem](#) for more on these topics.

I'm a nervous breakdown and child-abuse survivor. I started loving myself when I embraced whatever had happened to me. I wear my scars proudly and I am super confident in talking about them.

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View on YouTube

[https://www.youtube.com/watch?time\\_continue=22&v=Dg-1dt0t\\_CE](https://www.youtube.com/watch?time_continue=22&v=Dg-1dt0t_CE) 3 min

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### 10 tips for improving your **self-esteem**

In a nutshell, **self-esteem** is your opinion of yourself and your abilities. It can be high, low or somewhere in-between. While everyone occasionally has **doubts** about themselves, low **self-esteem** can leave you feeling insecure and unmotivated. You might be able to identify a few things that are affecting your opinion of yourself ([maybe you're being bullied, or you might be feeling lonely](#)), or it could be a mystery. Either way, there are heaps of things you can do to improve your self-esteem.

#### 1. Be nice to yourself

That little voice that tells you you're **killin'** it (**or not**) is way more powerful than you might think. Make an effort to be kind to yourself and, if you do slip up, try to challenge any negative thoughts. A good rule of thumb is to speak to yourself in the same way that you'd speak to your mates. This can be really hard at first, but practice makes perfect. If you want a few pointers, check out our [tips for talking yourself up](#).

#### 2. You do you

Comparing yourself to other people is a sure-**fire** way to start feeling crummy. Try to focus on your own goals and achievements, rather than measuring them against someone else's. Nobody needs that kind of pressure!

### 3. Get movin’

Exercise is a great way to increase motivation, practice setting goals and build confidence. Breaking a sweat also cues the body to release endorphins, the feel-good hormones.

### 4. Nobody’s perfect

Always strive to be the best version of yourself, but it’s also important to accept that perfection is an unrealistic goal.

### 5. Remember that everyone makes mistakes

You’ve got to make mistakes in order to learn and grow, so try **not** to beat yourself up if you forget to hit CTRL+S on a super-important assignment. Everyone’s been there.

### 6. Focus on what you can change

It’s easy to get hung up on all the things that are out of your control, but it **won’t** achieve much. Instead, try to focus your energy on identifying the things that are within your control and seeing what you can do about them.

### 7. Do what makes you happy

If you spend time doing the things you enjoy, you’re more likely to think **positively**. Try to schedule in a little you-time every day. Whether that’s time spent reading, cooking or just conking out on the couch for a bit, if it makes you happy, make time for it.

### 8. Celebrate the small stuff

You got up on time this morning. Tick. You poached your eggs to perfection. Winning. Celebrating the small victories is a great way to build confidence and start feeling better about yourself.

### 9. Be a pal

Being helpful and considerate to other people will certainly boost their mood, but it’ll also make you feel pretty good about yourself.

### 10. Surround yourself with a supportive squad

Find people who make you feel good about yourself and avoid those who tend to trigger your **negative** thinking.

What can I do now?

- Read our [tips for practicing positive self-talk](#).
- Check out our [tips for feeling better about yourself](#).

- Get an endorphin hit. Try jogging around the block, going for a swim in the ocean or having a boogie in your living room.

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### How to Build Self-Esteem: 5 Tactics to Change How You See Yourself

Everyone experiences bouts of self-doubt, but if low self-esteem is affecting your life, try these 5 tactics to build confidence and boost your self-esteem

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Articles by: Kathleen Smith, PhD

[Positive Thinking](#)

[Take an Inventory](#)

[Acknowledge Successes \*\*Stop Comparing Yourself\*\*](#)

[Practice Self-Care](#)

Your sense of self-worth will impact every arena of your life. Your job, your relationships, and even your physical and mental health are a reflection of your self-esteem.

But what exactly helps shape your view of yourself and your abilities? The truth is that your level of self-esteem may have grown or shrunk based on how people have treated you in the past and the evaluations you've made about your life and your choices.

The good news is that you have a fair amount of control when it comes to increasing your level of **self-worth**. There are simple, concrete changes you can make that challenge your mind and your body. One such change is to take steps to reduce negative thinking and build up **positive**, encouraging thoughts about the person you are and can be.

### Replace **Negative** With **Positive** Thinking

1. **Identify triggers** – To increase the level of **positive** thinking in your day-to-day life, you first have to recognize what people, places, and things promote **negative** thinking. Maybe it's the balance in your bank account, or perhaps it's a coworker who's always complaining. You **can't** change certain situations, but you can change how you react to them and understand them. That starts with paying attention to what makes you feel **sad** or **anxious**.
3. **Take notes** – There's an ongoing dialogue, or "self-talk," always happening in your brain as you go about your day. This self-talk takes in the world around you and makes evaluations about yourself and others. So, take the time to start noticing any interesting trends in this dialogue. Is this thinking based on **facts**? Or is it usually leaning towards the irrational, always assuming the worst in a situation?
4. **Challenge your thinking** – If you see yourself jumping to conclusions, or always downplaying the **positive** about yourself, then you have to step up and add some **positive** thinking to your **self-talk**. Learning to focus on the **positive** and to encourage yourself is a lot like a strengthening a muscle.

You have to exercise your brain a little every day to develop a capacity for **positive** thinking, to forgive yourself when you make mistakes, and to learn to give yourself credit when you accomplish a goal.

### Take an Inventory

#### Acknowledge Successes

Often people with low **self-esteem** will dismiss their successes as luck or chance. Or they might focus on **not** being perfect rather than highlighting how far they have come. People with high **self-esteem** take the time to celebrate their accomplishments. They say, "Thank you," when people compliment them, rather than dismissing their praise. This **doesn't** mean that people with high-**self-esteem** are arrogant or narcissistic; they just have faith in their own abilities and acknowledge successes when they do happen.

### **Stop** Comparing Yourself

Other people **can't** be the standard when it comes to your **self-esteem**. This is because you'll always find someone who appears better than you or more capable than you in any arena of life. Social media certainly **doesn't** help, as researchers have found that people who check social media very frequently are more likely to suffer from low **self-esteem**. Remind yourself that people usually only share the best parts of their life online. Your own life should be the yardstick rather than others' lives because what is your best may **not** be someone else's, and vice versa. Remind yourself that any time you make an improvement or prevent yourself from repeating a mistake, you are making progress.

### Practice Self-Care

The more you demonstrate that you value your health, the more you develop a capacity for loving other parts of yourself. Listen to your body and avoid foods that make you feel irritable or tired. Eating healthy and exercising also can increase **positive** thinking and help you feel more encouraged about your future. If you spend time with people who care about you, you may find that suddenly it's easier for you to care for yourself.

**Remember** that learning **positive** thinking and developing healthy lifestyle strategies **aren't** going to be overnight miracles. Being kind to yourself and increasing your sense of **self-worth** takes time, practice, and patience. But the more you challenge your thoughts and perspectives, the greater joy you can find in yourself and your abilities. You'll feel proud of how far you've come, and you'll look forward to the future.

### How to Improve Your **Self-Esteem**: 12 Powerful Tips



**“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.” Maria Robinson**

**Nothing is more important than how you feel and think about yourself.**



A high opinion about yourself and who you are and what you do and basically a love for yourself is also one of the things that people often miss or have too little of in today's society.

I read about it in newspapers every month.

I see it every week based on how many of my readers that join my [Self-Esteem Course](#). It is – close to 2 years after I launched it – still my most popular course.

I see it in my inbox almost every day as people share their challenges with me.

But why is building and being able to maintain high **self-esteem** so important?

Life becomes simpler and lighter. When you like or love yourself more then things simply become easier.

You **won't** make mountains out of molehills (**or out of plain air**) nearly as often anymore. You **won't** drag yourself down or beat yourself up over simple mistakes or over **not** reaching a perfect and inhuman standard.

You'll have more inner stability. When you like yourself more, when your opinion of yourself goes up then you'll **stop** trying so eagerly to get validation and attention from other people. And so, you become less needy and your inner life becomes much less of an emotional rollercoaster based on what people may think or say about you today or this week.

Less self-sabotage. Most people's worst **enemy** are themselves. By raising and keeping your **self-esteem** up you'll feel more deserving of good things in life. And so, you'll go after them more often and with more motivation. And when you get them then you'll be a lot less likely to [succumb to self-doubt](#) or to self-sabotage in subtle or **not** so subtle ways.

You'll be more attractive in any relationship. With better **self-esteem** you'll get the benefits listed above. You'll be more stable and able to handle tough times better. You'll be less needy and more of a natural giver. Being with you becomes simpler and a lighter experience with a lot less drama, arguments or fights based on little or nothing. And all of this is attractive in any relationships, **not** matter if it is with a friend, at work or with a partner.

You'll be happier. That has been my experience and it is why I write so much about **self-esteem** and why I value my own **self-esteem** so highly and try to keep it steady every day. Because it has made my life so much happier.

So those are some of the most important whys.

But how do you improve your **self-esteem** in a practical way?

Well, today I would like to share 12 of the most powerful tips and habits I have found for improving and maintaining my own self-esteem. Even through the rough days and tough months.

1. Say **stop** to your inner critic.

A good place to start with raising your **self-esteem** is by learning how to handle and to replace the voice of your own inner critic.

We all have an inner critic.

It can spur you on to get things done or to do things to gain acceptance from the people in your life. But at the same time, it will drag your **self-esteem** down.

This inner voice whispers or shouts destructive thoughts in your mind. Thoughts like for **example**:

You are lazy and sloppy, now get to work on that part.

You **aren't** good at your job at all and someone will figure that out and throw you out.

You are **worse** or **uglier** than your friend/co-worker/partner.

You **don't** have to accept this though. There are ways to minimize that critical voice and to replace it with more helpful thoughts. You can change how you view yourself.

One way to do so is simply to say **stop** whenever the critic pipes up in your mind.

You can do this by creating a **stop**-word or **stop**-phrase.

As the critic says something – in your mind – shout: **STOP!** Or yell “Huck – Ah – Hey”

Or use my favorite: **No, no, no**, we are **not** going there!

Or come up with a phrase or word that you like that **stops** the train of the thought driven by the inner critic.

Then refocus your thoughts to something more constructive. Like planning what you want to eat for dinner or your tactic for the next soccer game.

In the long run it also helps a lot to find better ways to motivate yourself than listening to your inner **bad** critic. So, let's move on to that...

## 2. Use healthier motivation habits.

To make the inner critic less useful for yourself and that voice weaker and at the same time motivate yourself to take action and raise your **self-esteem** it is certainly helps to have healthy motivation habits.

A few that I have used to replace and fill up much of the place that the inner critic once held in my mind are these:

**Remind yourself of the benefits.** A simple but powerful way to motivate yourself and to keep that motivation up daily is to write down the deeply felt benefits you will get from following this new path or reaching a goal.

Like for **example** getting into better shape and having more energy for your kids and the people close to you. Or making more money and through that being able to travel with the love of your life and experience wonderful new things together.

When your list is done then save it and put it somewhere where you will see it every day. For instance, in your workspace or on your fridge.

**Refocus on doing what YOU really, really like to do.** When you really, really like doing something then the motivation to do that thing tends to come pretty automatically. When you really want something in life then it also becomes easier to push through any inner resistance you feel.

So, if you lose your motivation, ask yourself: Am I doing what I really want to do? If **not** and if possible, then refocus and start working on that very important thing instead.

After you have used your **stop**-word or phrase focus on one of these techniques. Over time it will become a habit and your inner critic will pop up a lot less often.

## 3. Take a 2-minute self-appreciation break.

This is a very simple and fun habit. And if you spend just two minutes on it every day for a month then it can make huge difference.

Here's what you do:

Take a deep breath, slow down and ask yourself this **question**: what are 3 things I can appreciate about myself?

A few **examples** that have come up when I have used to this exercise are that I:

- Help quite a few people each day through what I write.
- Can make people laugh and forget about their troubles?
- Am very thoughtful and caring when it comes to our cats.

These things **don't** have to be big things.

Maybe just that you listened fully for a few minutes to someone who needed it today. That you took a healthy walk or bike ride after work **instead of being lazy**. That you are a caring and kind person in many situations.

These short breaks do **not** only build **self-esteem** in the long run but can also turn a **negative** mood around and reload you with a lot of **positive** energy again.

4. Write down 3 things in the evening that you can appreciate about yourself.

This is a variation of the habit above and combining the two of them can be extra powerful for two boosts in **self-esteem** a day.

Or you may simply prefer to use this variation at the end of your day when you have some free time for yourself to spare.

What you do is to ask yourself the **question** from the last section:

What are 3 things I can appreciate about myself?

Write down your **answers** every evening in a journal made out of paper or on your computer/smart phone.

A nice extra benefit of writing it down is that after a few weeks you can read through all the answers to [stay positive](#) and get a good **self-esteem** boost and change in perspective on days when you may need it the most.

#### 5. Do the right thing.

When you do what you deep down think is the right thing to do then you raise and strengthen your self-esteem.

It might be a small thing like getting up from the couch and going to the gym. It could be to be understanding instead of judgmental in a situation. Or to [stop worrying](#) or feeling sorry for yourself and focus on the opportunities and gratitude for what you actually have.

It is **not** always easy to do. Or even to know what the right thing is. But keeping a focus on it and doing it as best you can make big difference both in the results you get and for how you think about yourself.

One tip that makes it easier to stay consistent with doing the right thing is to try to take a few such actions early in the day. Like for example giving someone a compliment, eating a healthy breakfast and working out.

This sets the tone for the rest of your day.

#### 6. Replace the perfectionism.

Few thought habits can be so destructive in daily life as perfectionism.

It can paralyze you from taking action because you become so **afraid** of **not** living up to some standard. And so, you procrastinate, and you do **not** get the results you want. This will make your **self-esteem** sink down to a low.

Or you take action but are never or very rarely satisfied with what you accomplished and your own performance. And so, your opinion and feelings about yourself become more and more **negative** and your motivation to take action plummets.

How can you overcome perfectionism?

A few things that really helped me are:

- **Go for good enough.** When you aim for perfection then that usually winds up in a project or a task never being finished. So simply go for good enough instead. **Don't** use it as an excuse to slack off. But simply realize that there is something called good enough and when you are there then you are finished.

- **Remember** that buying into myths of perfection will hurt you and the people in your life. This simple reminder that life is **not** like in a movie, a song or a book can be good reality check whenever you are daydreaming of perfection. Because reality can clash with your expectations when they are out of this world and harm or even possibly lead to the end of relationships, jobs, projects and so on.

## 7. Handle mistakes and failures in a more **positive** way.

If you go outside of your comfort zone, if you try to accomplish anything that is truly meaningful then you will stumble and fall along the way.

And that is OK. It is normal. It is what people that did something that truly mattered have done throughout all ages. Even if we **don't** always hear about it as much as we hear about their successes.

So, **remember** that. And when you stumble try this:

- **Be your own best friend.** Instead of beating yourself up, ask yourself: How would my friend/parent support me and help me in this situation? Then do things and talk to yourself like he or she would. It keeps you from falling into a pit of despair and helps you to be more constructive after the first initial pain of a mistake or failure starts to dissipate.
- **Find the upside.** Another way to be more constructive in this kind of situation is to focus on optimism and opportunities. So, ask yourself: what is one thing I can learn from this? And what is one opportunity I can find in this situation? This will help you to change your viewpoint and hopefully **not** hit the same bump a little further down the road.
- **8. - Be kinder towards other people.**

When you are kinder towards others you tend to treat and think of yourself in a kinder way too. And the way you treat other people is how they tend to treat you in the long run.

So, focus on being kind in your daily life.

You can for **example**:

- **Just be there and listen as you let someone vent.**

- **Hold up the door for the next person.**
- **Let someone into your lane while driving.**
- **Encourage a friend or a family member when they are uncertain or unmotivated.**
- **Take a few minutes help someone out in a practical way.**
- **Share what has helped you in a difficult situation on social media, a podcast or [on your own blog](#).**

### **9. Try something new.**

**When you try something new, when you challenge yourself in a small or bigger way and go outside of your comfort zone then your opinion of yourself goes up.**

**You may **not** have done whatever you did in a spectacular or great way, but you at least tried instead of sitting on your hands and doing nothing.**

**And that is something to appreciate about yourself and it can help you come alive as you get out of a rut.**

**So, go outside of your comfort zone regularly. **Don't** expect anything, just tell yourself that you will try something out.**

**And then later on you can do the same thing a few more times and improve your own performance.**

**And as always, if it feels too scary or uncomfortable then **don't** beat yourself up. Take a smaller step forward instead by gently nudging yourself into motion.**

### **10. **Stop** falling into the comparison trap.**

**When you compare your life, yourself and what you have to other people's lives and what they have then you have destructive habit on your hands.**

**Because you can never win. There is always someone who has more or is better than you at something in the world. There are always people ahead of you.**

**So, replace that habit with something better.**

Look at how far you have come so far instead. Compare yourself to yourself. Focus on you. On your results. And on how you can and how you have improved your results. This will both motivate you and raise your self-esteem.

**11. Spend more time with supportive people (and less time with destructive people).**

Even if you focus on being kinder towards other people (and yourself) and on replacing a perfectionism habit it will be hard to keep your self-esteem up if the most important influences in your life drag it down on a daily or weekly basis.

So, make changes in the input you get. Choose to spend less time with people who are nervous perfectionists, unkind or unsupportive of your dreams or goals.

And spend more time with positive, uplifting people who have more human and kinder standards and ways of thinking about things.

And think about what you read, listen to and watch too. Spend less time on an internet forum, with reading a magazine or watching a TV-show if you feel it makes you unsure of yourself and if it makes you feel more negatively towards yourself.

Then spend the time you used to spend on this information source on for example reading books, blogs, websites and listening to podcasts that help you and that make you feel good about yourself.

**12. Remember the whys of high self-esteem.**

What is a simple way to stay consistent with doing something? As mentioned above: to remember the most important reasons why you are doing it.

So, remind yourself of the whys at the start of this article to help yourself to stay motivated to work on your self-esteem and to make it an essential priority.

Doing this simple thing and keeping these powerful reasons in mind has done wonders for me. I hope it can do the same for you.

Here's the next step...

Now, you may think to yourself:



“This is really helpful information. But what’s the easiest way to put this into practice and actually make a real change with my self-esteem?”.

Well, I’ve got something special for you....

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**Beliefs**

As this continues, the **beliefs** partners hold about one another begin to change. Commonly, behaviors that were once "excused," laughed about, or understood as stemming from the situation, are now believed to be part of the individual him/herself.

If these are behaviors, we learned in a first marriage and failed to identify them then (or now) and worked to change them or our response to them, then we are more likely to take them into a new relationship. Because of our past marital interaction and the thinking/**beliefs** we developed, we are likely to be more hypervigilant to similar behaviors in new partners that reflect or remind us of our prior experiences. When new spouses show any signs of these behaviors, our hyper-vigilance may translate into **questioning** the new relationship and increase our willingness to get out of a situation we see as unchangeable. After all, we tried to change this unsuccessfully the first time. Children

Know your partner's **beliefs** about relationships. Different people have different and often conflicting **beliefs** about relationships.

Make good sense of a **bad** relationship by examining it as a reflection of your **beliefs** about yourself.

**Don't** just run away from a **bad** relationship; you'll only repeat it with the next partner. Use it as a mirror to look at yourself, to understand what in you is creating this relationship. Change yourself before you change your relationship.

Shared **Values** => Opposites may attract, but it can be tricky to manage opposing **beliefs** in the long run. Similar views on the world, **faith**, and life in general are what keep you both working toward common needs and goals.

Without the safety and security that a mature church community provides, many Americans (**including, paradoxically, those who favor religious tolerance**) remain in the dark about other faiths, cultures and **beliefs**.

Believers need to be in relationship with each other to comfort, correct, and carry each other’s burdens to the Cross. We should keep each other in check, lift each other up, and

provide strength to fight the earthly battles we face in a world that **doesn't** hold to the same values and **beliefs** we do. **No** soldier goes into battle alone.

**More Effective Child Discipline** - Everyone knows that conservative religious families are more stern and stricter about family rules, right? Well, partly right. A study by J. Bartowski, B. Wilcox and C. Ellison found that in conservative religious families, parents are more likely to use spanking to discipline children. They also found, however, that these parents are less likely to (**just**) **yell** at their kids or mete out arbitrary discipline. These parents tend to rely on parenting manuals consistent with their religious **beliefs** and are encouraged by religious leaders and church support groups to set clear expectations for their children's behavior and use corporal punishment only in well-defined circumstances of **outright rebellion**. They also tend to show more leniency in mitigating circumstances. Children disciplined in this manner do **not** appear to exhibit the **negative** characteristics of children from abusive or dysfunctional families, as has been shown by C. G. Ellison in his 1996 study of 13,017 adults' in 1996.

What impact does family church attendance have on how young people adjust at school? A study by E. R. Oetting and F. Beauvais published in the Journal of Counseling Psychology in 1987 showed that among eleventh and twelfth graders, identifying with religious **beliefs** was **positively** related to strong family relationships and the ability to adjust well in school. The study also showed that these qualities are **negatively** associated with peer pressure related to drug abuse.

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**More will be added** on this subject soon.

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