

During the month of February, we at Unbeatable Spirit are celebrating **International Boost Self-Esteem Month** (dedicated to improving self-esteem among people of all cultures, races, ethnicities, age groups, and social statuses) and **Relationship Wellness Month** (a time to reflect on those who mean the most and take proactive steps to keep those relationships healthy). Stay tuned for more from me, Melinda Pallone, on Relationship Wellness.

## Don't Just Sit on the Sidelines: How to Take an Active Role in Improving your Self-Esteem



*Self-esteem is a confidence and satisfaction in oneself; self-respect<sup>1</sup>.*

When you got ready this morning, did you like who you saw in the mirror? Was the face looking back at you one of confidence and self-assurance or one of insecurity and hesitance? Your answer to these questions may be more important than you realize.

According to the Mayo Clinic in Rochester, MN, self-esteem tends to fluctuate over time, depending on your circumstances. It's normal to go through times when you feel down about yourself and times when you feel good about yourself. Generally, however, self-esteem stays in a range that reflects how you feel about yourself overall and increases slightly with age<sup>2</sup>. If self-esteem does not stay in a healthy range, it can lead to negative feelings of self, poor relationships, addiction, depression, and anxiety.



# The Positive Perspective

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## Six Successful Steps

Living in a world of Instagram posts and Snapchat filters, it's easy to see ourselves as lacking or unable. According to the National Association for Self-Esteem<sup>3</sup>, self-esteem can be enhanced by taking the following steps:

1. **Set aside one hour every morning for personal development matters.** Meditate, visualize your day, read inspirational texts to set the tone of your day, listen to motivational tapes or read great literature. Starting the day off well is a powerful strategy for self-renewal and personal effectiveness.
2. **The quality of your life is the quality of your communication.** This means the way you communicate with others and, more importantly, the way you communicate with yourself. What you focus on is what you get. If you look for the positive this is what you get.
3. **Light a candle beside you when you are reading in the evening.** It is most relaxing and creates a wonderful, soothing atmosphere.
4. **Make your home an oasis from the frenzied world outside.** Fill it with great music, great books and great friends.
5. **Learn to be still.** The average person doesn't spend even 30 minutes a month in total silence and tranquility. Develop the skill of sitting quietly, enjoying the powerful silence for at least 10 minutes a day. Simply think about what is important to you in your life. Reflect on your mission. Silence indeed is golden.
6. **Associate only with positive focused people who you can learn from and who will not drain your valuable energy with complaining and uninspiring attitudes.** By developing relationships with those committed to constant improvement and the pursuit of the best that life has to offer, you will have plenty of company on your path to the top of whatever mountain you seek to climb.

**In addition to these steps, it is worth noting that doing things for others is also a vital part of developing a healthy self-esteem.** By shifting your thinking towards helping others while doing something that matters to you, your self-esteem, sense of purpose and feelings of connection increase dramatically<sup>4</sup>.

## Finding Daily Balance

If you find your self-esteem to be overly high at times and low at others, it's important that you work to find balance. Having a balanced self-esteem allows you to be confident, take on challenges, and lead a positive and healthy life. Life Coach Hub<sup>5</sup>, an online community of life coaches, suggests five primary tips for a balanced, healthy self-image:



1. **Do not allow other people to bring you down.**
2. **Keep your circle of trusted friends positive.**
3. **Reward yourself when you have a job well done.**
4. **Take set-backs in stride, try again.**
5. **Work hard at the things you ARE good at.**

Once you have found balance for yourself, you will have more comfort in your own presence. Additionally, you will find it easier to make clear decisions, have better relationships, and hold an overall positive mindset.

## Your Next Challenge

The hardest challenge is to be yourself in a world where everyone is trying to make you be somebody else. - E.E. Cummings

Over the next few days, take the time to think about your self-perception. Do you take time for yourself? Do you keep positive company? Do you let simple set-backs hold you back? As you reflect on these questions, be compassionate to yourself. Pay close attention to areas in which you can take an active role in increasing or stabilizing your self-esteem. These are the areas with the most promise for a positive outcome.

Changing our attitudes and finding peace with who we are is the starting point of a positive and hope filled life. Taking it one step at a time, you can make the changes necessary to achieve your goal; it's all on you. Now, it's time to stop sitting on the side lines and start playing that active role!

<sup>1</sup> [Self-esteem | Definition of Self-esteem by Merriam-Webster \(merriam-webster.com\)](https://www.merriam-webster.com/dictionary/self-esteem)

<sup>2</sup> [Self-esteem check: Too low, too high or just right? - Mayo Clinic](https://www.mayoclinic.org/healthy-lifestyle/self-esteem/expert-answers/self-esteem-check/2019-03-14)

<sup>3</sup> [Self-Esteem Booster – National Association for Self Esteem \(healthysfesteem.org\)](https://www.healthysfesteem.org/)

<sup>4</sup> [How Helping Others Improves Your Self-Esteem | HealthyPlace](https://www.healthyperson.com/healthyplace)

<sup>5</sup> [Importance Of A Balanced Self-Esteem - Life Coach Hub](https://www.lifecoachhub.com/2019/05/15/importance-of-a-balanced-self-esteem/)