

Ten Tips on Improving Self-Esteem

September 25, 2006

Bill Me Later Program: Only a matter of timing
Mannaquest: Don't miss it! Denver November 9-10
Mannafest Tickets available (Our block of tickets will open up
December 1, 2006)

From an article by Dave Saunders

A. Why is self-esteem so important?

1. Self-esteem is something you earn through confidence and self mastery
2. In network marketing, with lack of results happening to a great number, the price paid is loss of confidence, lack of self-mastery and thus, loss of self esteem.
This is a vicious cycle.
3. Self esteem is critical...it determines how you view yourself
As well as provides a filter for how you see everything else.
By building self-esteem, you envision a world of abundance.

B. As Christians, our self-esteem is sourced in our Creator.

1. Acknowledge that God created us in His image
2. Acknowledge that God lives within us
3. Acknowledge God is in control and He has a covenant of abundance with us.
(Check out Joyce Meyer's new book, "The Confident Woman")

C. Ten Tips to improve your self esteem:

1. Choose your peers
 - a) Surround yourself with those who are joyful, positive and supportive
 - b) Avoid those who are cynical and negative
 - c) John Kalench, "Being the Best you Can Be in Network Marketing"; he discusses the 4 fuels of your business and this is one of them
2. Be clear about what you want to achieve in life
 - a) Set goals and take action

- b) Action is planned; set up a business plan to achieve your results
 - c) Acknowledge yourself as you achieve
3. Be positive about yourself
- a) Affirmations are a great start
 - b) Have a heart of gratitude for all your many blessings
 - c) Reward yourself frequently of your good qualities as you work on new ones.
4. Accept criticism
- a) Fall in love with feedback; totally understand what feedback really is
 - b) Accept what you agree with and reject what does not fit
 - c) Accept yourself for who you are today and move forward
5. Be ready to fail
- a) All successful people have failed in their lives...they never view it as failure, rather mistakes to learn from.
 - b) Fear of failure will freeze you where you are.
“A mentor of mine often jokes that his success comes from the fact that he is able to make mistakes more quickly than others.”
 - c) Failure is an option so accept it and use it for your benefit.
6. Measure yourself only against yourself
- a) We love comparison but isn't there always going to be someone more successful than you? I hope so.
 - b) It is not a race. Set yourself up to reach your goals.
7. Never put yourself down
- a) Not everything works out as planned
 - b) Understand everyone goes through issues
 - c) When you allow mistakes and failures to become more than they are, you become controlled by them.
8. Dress for your best
- a) When you imagine you are at your best, what are you wearing?
 - b) Dress in a way that empowers you.
9. Get out there with new people
- a) Join a speaking group like toastmasters
The more proficient you get, the more self esteem.
10. Remember that you are not alone
- a) Everyone faces challenges
 - b) You have so many who support you, love you, want the best for you...

I know one for sure...That's ME!!

c) Be grateful you have the opportunity to have all these experiences.