

## BUILDING ON SELF - ESTEEM

### FORGIVE YOURSELF FOR BEING IMPERFECT



Remember that you, like everyone else, are human. You do not have to be perfect to have high self-esteem.

If you can accept yourself as you are, even if you are trying to improve in some areas, you will have much higher self-esteem.

### NOTHING CAN KILL YOUR SELF-ESTEEM MORE THAN SETTING UNREALISTIC EXPECTATIONS

When I was in my 20s, I had thought, "I need to be a millionaire by the time I'm 30 or I'm going to be a failure." Needless to say, 30 came and I was nowhere close to being a millionaire. I was more in debt than ever, and owning a home was still a distant dream.

My expectation was unrealistic, and my self-esteem took a blow when I turned 30 and saw how far away such a goal was.



You can set goals for improving yourself without expecting perfection in every aspect of your life. Your goals should be clear and specific, but allow some room for imperfection.

## A SKILL – BUILDING ACTIVITY...GOAL SETTING

### Instead of:

~~"I will never eat sugar again and will lose 30 pounds."~~

~~"I will always speak against people who are spreading discrimination and hate."~~

### Your goal could be:

"I will strive to live a healthier lifestyle with better food choices and more exercise."

"I will do my best to calmly oppose the ideas of others who spread discrimination and hate."

## 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 a destructive habit in 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.

Sources: Schiraldi, G. R. (2001). *The Self-Esteem Workbook*. Oakland: A New Harbinger Publications, Inc.