



# New LIFE Perspectives

Positively Empowering People

## Article 1 Dealing with Low Self Esteem

**Low Self Esteem can prevent you from getting the most out of life..... don't let it..... learn how to build your self esteem.**

Sometimes our mind is our own worst enemy. We don't need others to crush our self esteem we do a great job ourselves, we can be our own harshest critic and the biggest doubting Thomas. It is much easier to identify and focus on our flaws than to recognise all the greatness in ourselves. So....Why are we like this? Why do we self sabotage ourselves?

**Low self esteem** comes from negative thoughts, attitudes and perceptions which lead to a poor self image. If we think we are a loser we always will be one in our eyes and we will constantly fail. This perception will hold us back and we won't be able to achieve what we are truly capable of. So ....We need to make a conscious decision to change that view.

**Low self esteem** inhibits our natural ability and limits our potential. If we continually believe and mentally tell ourselves we are not good enough, we never will be. A negative thought is the seed to a negative result and a positive thought is the seed of a positive result.

Changing this attitude by yourself can be a difficult task, but if you are willing to try some of the strategies offered below, you can develop a healthier self image and create a happier life.

If you find it hard to work through it and face it alone our staff at New Life Perspectives offers assistance and coaching in this field, empowering you to become who you want to be. Through our individualised and unique coaching sessions we will teach you how to be in control of your life and how to create the exact life you want. We work with every individual in their own unique way.

If you are tired of suffering from a **low self esteem** and want to take control of your future, contact us at [newlifeperspectives@live.com](mailto:newlifeperspectives@live.com) to find out more.

## Strategies to assist you

Remind yourself that thoughts and feelings are just that thought and feelings and they ***aren't facts*** and remember you are good at something.

- *Try to get perspective and to be more balanced – and try to counteract accusing, negative thoughts.*
- *Check your negative thoughts, ask yourself are they true..... ask would I say that to another person if not then why am I saying it to myself..... ask yourself what do you get out of thinking like this.*
- *Each one of us is good at something for example talking to people, problem solving, physical traits.... Make a list of the things you are good at and remind yourself of them when you feel a bit low.*
- *Replace the negative thoughts with positive ones for example I am stupid with I am good at.... Or .... I am worthless with I am a valuable person.*

Think Constructively and create a better self image.

- *Make a list of 5 things you are good at, 5 things you admire in yourself, 5 greatest achievements, 5 accomplishments, 10 ways you can treat/reward yourself, 10 ways you can help someone else, 10 things that make you feel good about yourself and 10 things that make you laugh. Now don't forget to do them regularly.*
- *Be patient, understanding and gentle with yourself.*
- *Accept that some days are harder than others and that you won't always get it right... but tomorrow is another day.*
- *Challenge yourself to develop a better perception of yourself by not dwelling on negativity.*
- *Put fewer expectations on yourself.*
- *Give and Accept positive compliments with a simple thankyou.*
- *Act confidently and present a positive image.*
- *Try smiling more.*

## Take care of yourself and Start moving

- *Exercise, even small amounts of daily exercise releases happy hormones making you feel better about yourself. It will make you feel more hopeful and content.*
- *Listen to you body, mind and spirit for example if your body is cramping from sitting too long then stand and stretch or if your mind is consumed with negative self destructing thoughts, clean them up, if your spirit is yearning for contact meet a friend for coffee.*
- *Take on a new task as keeping yourself busy will interrupt the negative thoughts.*

## Be around positive people

- *If people are too harsh and critical – it will compound your feelings of negativity.*
- *Spend more time with positive upbeat people as this will rub off on you and make you feel good about yourself.*

Remember that tomorrow will be a better day.

**If you really want to be happy nobody can stop you**

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### About the author

Laurie Perkins is a professional freelance writer, presenter, coach and mentor. She is passionate about natural, healthy living and enhancing people's lives. She divides her time between consulting and writing for New Life Perspectives, and studying her Psychology degree part time.