

How To Unlock the Power of Your Beautiful Authentic Self.
Module 2. Lesson 10. Additional Resources.
I increase my Self-Esteem ...

I increase my self-esteem by focusing on my positive qualities.

I can overcome self-doubt and turn it into self-esteem with the power of my mind. I think of my recent accomplishments and make mental notes of my past achievements. I notice how I handle a variety of situations, and I am proud of my successes.

My self-confidence grows each time I make a healthy and positive choice in my life. I am building a better personal world.

I am making a list of my good qualities, and I am aware of how each one is boosting my confidence. I am a strong soul with many positive aspects that make me a special part of the universe.

I have the support of family and friends as I work on boosting my confidence. They are my biggest fans and can help me identify my good qualities.

I am able to live free of comparisons to others and their lives. I am content with my current situation and abilities. I have replaced perfectionism with reality, so I know what to expect from myself.

I let go of anger and negativity because they block my confidence.

Today, I raise my self-esteem by recognizing my talents, strengths, and abilities. I am the only one in the world that has these particular qualities. They make me truly special.

Self-Reflection Questions:

1. Do others see some positive qualities in me that I haven't recognized? What are they?
2. What can I do to avoid comparing my life with the accomplishments of others?
3. How can I learn to better appreciate and recognize my own abilities?

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