

How To Unlock the Power of Your Beautiful Authentic Self.  
Module 2 – Lesson 10. Additional Resources.  
My Self Esteem Comes from Acknowledging Every Achievement.

## **My self-esteem comes from acknowledging every achievement.**

I acknowledge every one of my accomplishments. I believe everything I achieve is worth recognition. ***It makes me feel happy and proud when I recognize my successes.***

Reminding myself of my accomplishments helps to build my self-esteem. On days when I feel dissatisfied with myself, I take a step back and consider all the positive things I have done in my life.

When I take that approach, I am pleasantly surprised, even by my minor triumphs. ***Small victories propel me to keep going after more.***

I gain self-confidence when I see what I can do. ***I am my biggest motivator.***

I take great pride in my ability to meet deadlines. It proves that I am reliable. ***I know that I am valuable to others when I am reliable.*** My employer has great confidence in me because of my track record.

When I support my loved ones, I feel accomplished. I know that my support helps them to keep moving forward in a positive direction.

***I find something to be proud of even when I achieve less than I expect.*** I take the time to learn from those situations. Learning builds my confidence because then I know that I can do better the next time.

Today, my self-esteem pushes me to achieve great things. ***I believe in myself because I acknowledge every success along the way.*** Seeing what I can do gives me the drive to go after more.

### **Self-Reflection Questions:**

1. How do I handle situations where someone tries to discredit my achievement?
2. Am I always honest with myself regarding achievements?

Copyright © 2018. Dr Grace Anderson. All rights reserved.

Important Notice: You do not have any permission whatsoever, to share all or any part of this document with anyone else. This is strictly for your personal and private consumption.

How To Unlock the Power of Your Beautiful Authentic Self.  
Module 2 – Lesson 10. Additional Resources.  
My Self Esteem Comes from Acknowledging Every Achievement.

3. How important is the support of family and friends to my self-esteem?