

Boost Your Self Esteem

Many people view high self-esteem as a golden carrot, an unattainable goal, something that belongs to a charmed few. In reality, everyone can and should enjoy healthy confidence.

You have positive attributes, special talents and unique personalities, but these good points can be clouded over by negative feedback you've received from others and internalized. Recognizing one special feature is all you need to use as a springboard to raising your self-esteem. When a negative influence brings your confidence down, remember your key feature and remind yourself that you are good, better, best.

Sound too simple? A major cookie maker built an empire using this very method. This particular woman had reached rock bottom and thought that she wasn't good for anything. Then someone asked the woman to state one thing that she was really good at. After careful thought, the woman answered that she could make one mean chocolate chip cookie. She started baking cookies for a few local caterers, and from there launched a major cookie company. As you can imagine, the woman's self confidence soared right along with her cookie empire.

How you view yourself is paramount in determining what you can achieve, and where your life will take you. Perhaps leading a large, successful company isn't what you want to achieve. Maybe you just want to be able to stand confidently before your coworkers to give a presentation without suffering immense fear. Or it could be that you simply need to feel comfortable in your own skin, and not inferior to others.

Raising your self-esteem might not be easy. Fortunately, there are a multitude of self-help books, tapes, CDs, videos and professional counseling services that can help raise your self esteem to a higher level, make you feel more successful, and lead you to achieve your dreams. If a voice in your head tells you there's nothing you can do, start talking back. Say "Yes, I Can" rather than giving in. Address your self-esteem issues, find the resources you need and begin increasing your confidence today.

Reach for the golden carrot. Start today and soon you won't recognize your old, lowly self. You'll look in the mirror and see a brand new soul, glowing with self-confidence and ready to take on the world.