

How To Develop Your Self-Esteem

Conscious living: To be aware of everything that bears on our actions, purposes, values and goals to the best of our ability and to behave in accordance with what we see and know. The higher the level of consciousness one brings to what one is doing, the more effective and in control one feels - and the more successful one's efforts.

Self-acceptance: To value and treat ourselves with respect and to stand up for our right to exist. Self-esteem is not served by self-rejection.

Self-responsibility: To accept responsibility for our choices, actions and the achievement of our desires. No one can feel empowered or competent to cope with life's challenges who does not take responsibility for his or her choices and actions. Self-responsibility is essential to acquiring inner strength. When we look to others to provide us with happiness or fulfillment or self-esteem, we relinquish control over our life.

Self-assertiveness: To stand up for ourselves, be who we are openly, treat ourselves with respect and refuse to offer a fake version of ourselves to be liked. Self-assertiveness honors one's needs, wants, values and judgments. What people may have to learn is to feel comfortable with and respect the self-assertiveness of others.

Purposeful living: To form personal and professional goals and then to use our powers to reach them. Our purposes can include many things besides being productive: raising a family, enjoying a love affair or marriage, pursuing a hobby, developing one's spirit through study and meditation.