



TESS Newsletter

Accordance to Article 7
Section 3 of its Constitution

No. 19 of 28th November 2013

“ Turning Possibilities into Realities ”

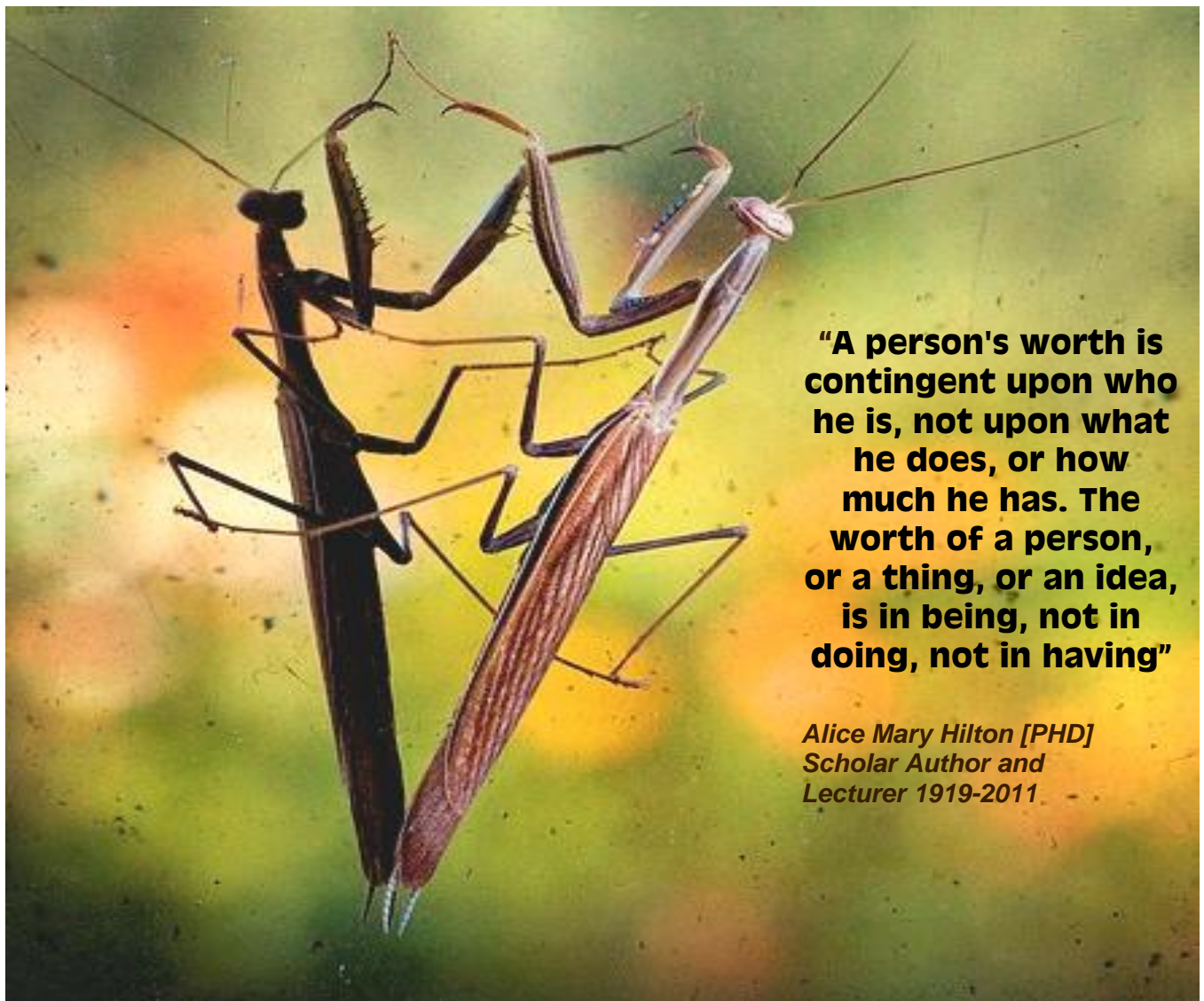
Building a Global Movement for Change [UNSG]: The Promise (part 28)



Striving for our Seychelles

"Working Hard at Working Smart" (part XXXIX)

2014 : Raising the Bar: Cultivating Self-Esteem



“A person's worth is contingent upon who he is, not upon what he does, or how much he has. The worth of a person, or a thing, or an idea, is in being, not in doing, not in having”

*Alice Mary Hilton [PHD]
Scholar Author and
Lecturer 1919-2011*

The future we want: The Promise: The Force Beyond

Low Self-Esteem Follow 10 Easy Steps For Improving Low Self-Esteem!

By Howard Platt in Confidence - Self-Esteem

How To Overcome *Low Self-Esteem*. On This Page You Will Find Some Easy To Follow Tips For Improving Your Self-Esteem, Developing Greater Self-Confidence And A Positive Self-Image.

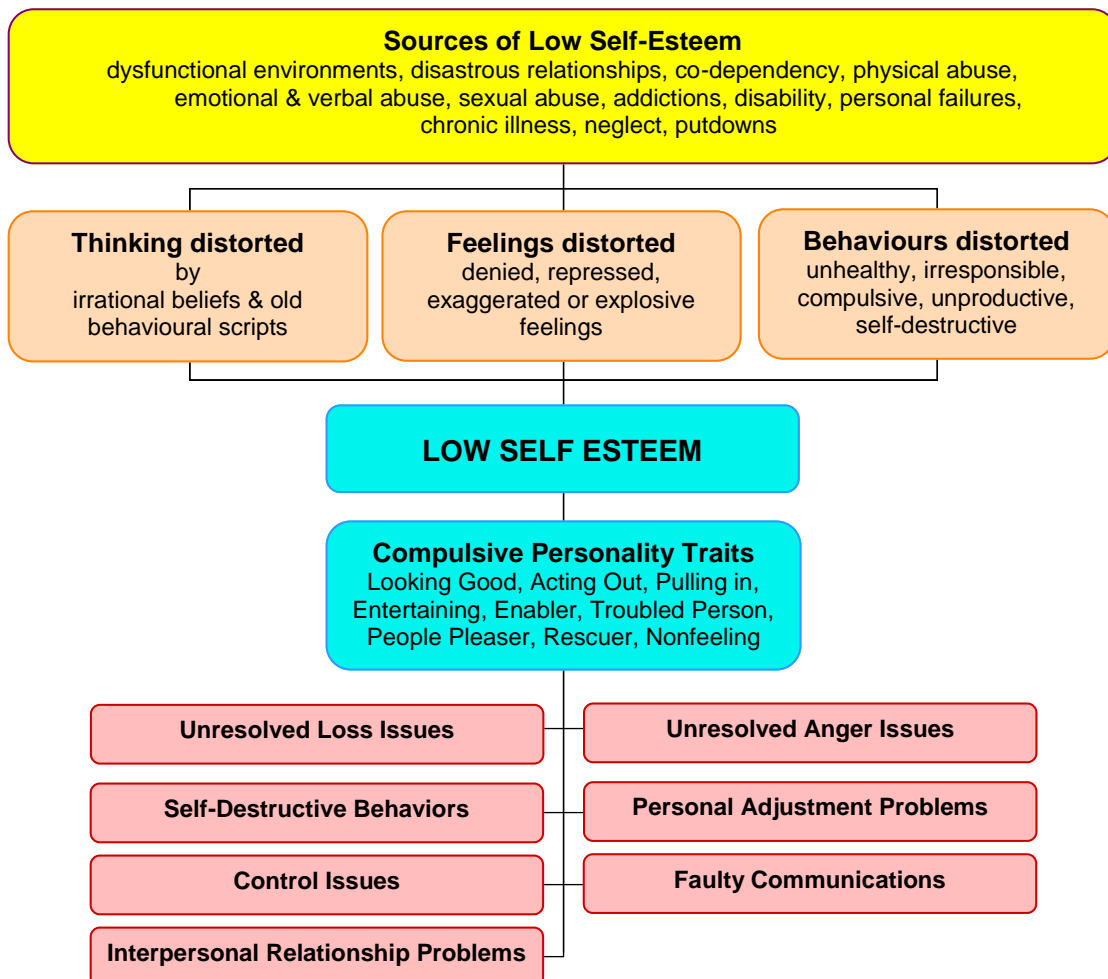
Low self-esteem is based upon the internalization of value. There will never be a person who is more important than any other person, regardless of looks, status, or birth. Each of us is equally valuable and worthwhile.

We live today in a narcissistic society. We are struggling to move from the **me** generation to the **we** generation.

The preoccupation we have with self-gratification and self-indulgence is **narcissism**.

Narcissism is manifested in designer jeans for tots, an obsession with youth and beauty, too many Christmas presents around the tree, and an emphasis on material possessions.

Impact of Low Self-Esteem



Narcissism And Low Self-Esteem Go Side By Side

The word esteem means “to appreciate the value of.” In human beings low self-esteem is the destroyer of all success.

When we are filled with low self-esteem it destroys our ability to love ourselves.

We allow fear and doubt to keep us from achieving greater heights in life, both personally and professionally.

We lack the self-pride it takes to accomplish any worthy goals.

The key to overcoming low self-esteem is hidden within years of self-doubt and a poor self-image.

Acceptance of ourselves, as we are right now, is the first crucial step to developing a strong and healthy positive **self-esteem** and **self-image**.

It is a parents job to instill these beliefs in their children.

You want your children strong and confident, especially in the face of life’s adversities. You want your children to feel a sense of responsibility, a desire to do the right thing without falling prey to peer pressure.

It is the child with low self-esteem that is most likely to be influenced by the wrong crowd.

“Self-Esteem Is Seeing Ourselves As Worthwhile, Changing, Imperfect, Growing Individuals.”

Although we are not all born with equal physical and mental traits we are all born with equal rights to feel deserving of excellence according to our own set of standards.

The feeling of internal value is the key to being of value to others. When we are lacking in a feeling of internal value is when we are plagued with low self-esteem.



Man-Ya
Single mother
of six.

10 Action Steps For Improving Your Low Self-Esteem!

1. Always Greet People You Meet With a Smile.

When introducing yourself in any new association, take the initiative to volunteer your name first and always extend your hand first, looking the other person in the eyes as you speak.

2. Answer the phone pleasantly, immediately giving your name to the caller.

In all your telephone communications remember those points and do them before you ask the callers name.

When ever you call somewhere when someone you do not know who might answer always give your name up front before you ask for the party you wish to speak with. Leading with your name underscores that a person of value is calling.

These simple acts can help boost your low self-esteem. You are treating yourself as though you are someone important, which in all essence you are.

3. Listen to motivational, inspirational or personal development audio programs.

Every time you hop in the car listen to self-development programs of an educational nature. Automobiles are the best rolling universities in the world. We all spend a lot of time in cars, why not try to work on some low self-esteem?

Take An Active Role In Improving Your Low Self-Esteem!

4. Invest in your own knowledge, you need to get off the sidelines and have the confidence it takes to work on building your self-esteem!

Enroll in an extension or seminar class in some aspect of personal or professional development. Make the bookstores and health clubs your new hangouts instead of a happy hour.

5. Be very excepting of compliments and always say thank you anything less is really an insult to the one giving the compliment.

It does not matter who the compliment comes from and the reason does not matter either. Don’t try to play up or play down what was said just be accepting of it..

Often times a person with low self-esteem will find it hard to accept compliments, because they don't value themselves.

6. Don't brag or show off as this is a personal assault to your own character!

The showboats, braggarts and blowhards are desperate for attention. Never toot your own horn and don't call out for attention, people who do this sort of thing are calling out for help. These are the acts of someone with very low self-esteem.

7. Don't complain about your problems to those that are not involved all this accomplishes is to make that person want to avoid being around you.

If a person is not directly involved with the solution they don't want to hear about your problems.

Don't be the type of person who is always making excuses for things. Successful people seek those who look and sound successful.

Always speak affirmatively about the progress you are trying to make.

8. Pattern yourself after successful role models.

When you meet someone successful listen and learn as much as you can. This is especially important when they have conquered something you fear, get as educated as you possibly can. This is a sure fire way to overcome a feeling of low self esteem.

9. Look at mistakes as learning experiences.

If you are ridiculed or rejected because of mistakes look at the ridicule as ignorance. After a rejection, which can cause low self-esteem, concentrate on your positives, your blessings, accomplishments and goals.

Look at rejection as part of one performance, not as a turn down or the performer.

10. Spend this Saturday doing something you really want to do.

I don't mean next month, I mean this Saturday. Enjoy being alive and being able to do it. There will never be another you, and Saturday will be spent no matter what.

Why not spend at least one day a week on you?

There Is No Better Way To Improve Low Self-Esteem Than To Honor Yourself.

Follow These Action Steps For Improving Low Self-Esteem And You Can't Go Wrong!

Accept yourself just as you are, you have the ability to do anything you ever dreamed of doing or becoming.

- Don't ever think, not even for a second that you wish you were someone else.
- Learn to handle criticism and how to grow from it.
- Never feel guilty for engaging in a little selfish behavior.
- Expect and accept compliments from others, because you are completely worthy of each and everyone.

Most importantly, always respect yourself in every way, talk to yourself with respect and remain positive in all situations.

Refuse to accept having low self-esteem, believe in yourself and keep strong positive thoughts about your life and your achievements.

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The journey continues...