

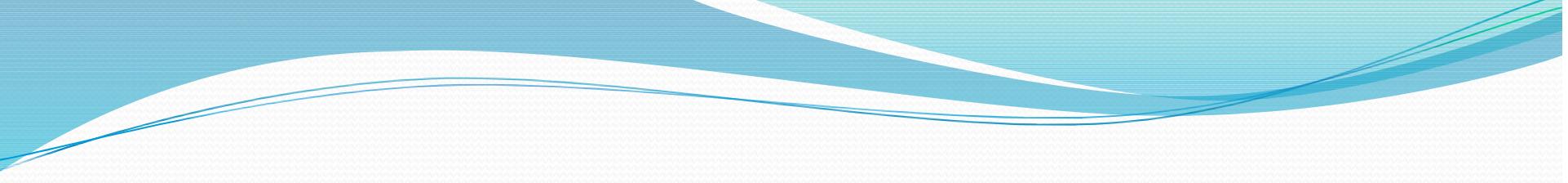


**Self Esteem:Love Yourself  
Like Your Life Depends on It**



# Self-Acceptance

- Self-acceptance means that you can accept WHO YOU ARE.
- Eliminate statements about yourself that begin with, “I wish I was smarter.” etc



# Self-Feeling

- How in touch you are with your feelings? Can you identify your emotions?
- Can you look beneath the surface and identify the true emotions?



# Feelings Table

## Negative Feelings

- Fearful
- Anxious
- Sad
- Angry
- Tense
- Rejected
- Ashamed
- Lonely
- Hurt
- Insecure
- Hateful
- Tired
- Guilty

## Positive Feelings

- Hopeful
- Serene
- Happy
- Peaceful
- Calm
- Energized
- Motivated
- Open-minded
- Trusting
- Loving
- Supportive
- Proud
- Confident

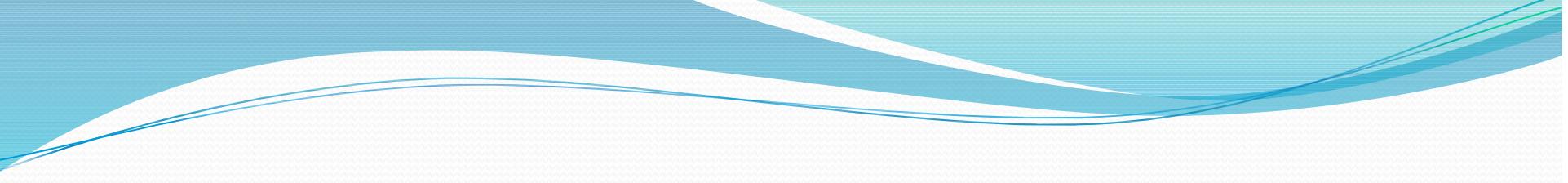


# Self-Focus

- Do you focus on other people's problems?
- Is it taking away from dealing with your OWN issues?
- Sometimes it's easier to "fix" someone else's issues, but you need to focus on YOU.

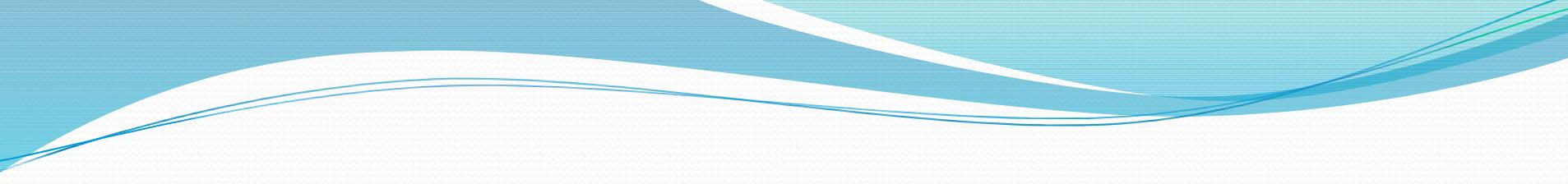
# What Are Some Good Things About Me

- I say what I feel.
- I'm a dependable, loyal friend.
- I.....
- I.....
- I.....



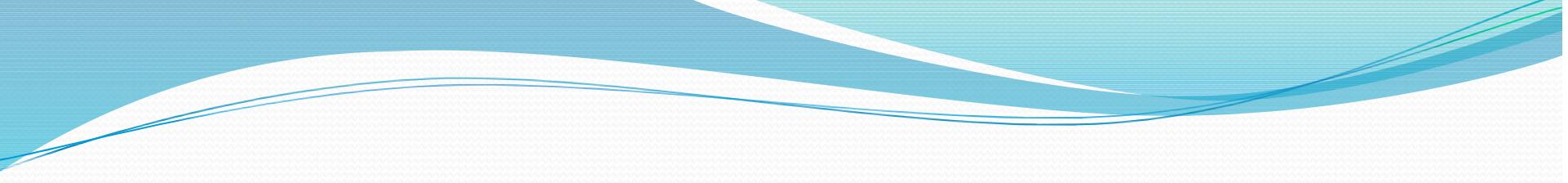
# Self-Growth

- This involves taking risks with your self and setting goals to become a mature, wise person.
- This involves making changes in your life!!
- This may involve getting rid of things in your life that keep you from growing as a person.



# Self-Nurturing

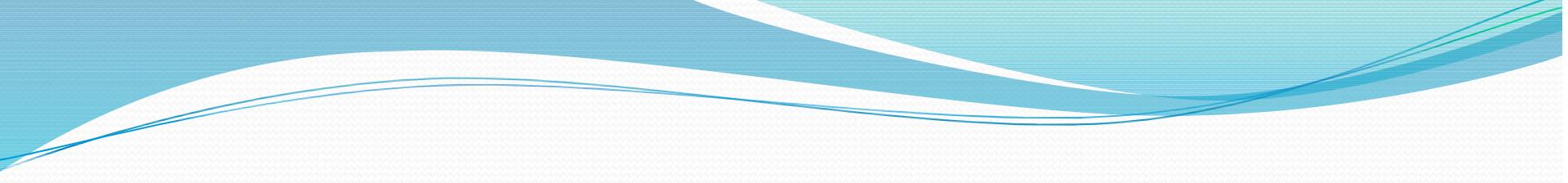
- Practice EXTREME SELF-CARE.
- being patient with yourself; and making choices that are right for you.
- using positive self-talk from morning until night. Catch yourself being negative and turn it around.



# Self-Determination

This is about COMMITMENT.

- “I’m always ready to make changes in my life.”
- “I can do whatever I set out to do.”
- “My life is filled with meaning.”
- “Who I can become is important to me.”



# Self-Healing

- Use the **healing energy** within you to combat illness and stress and to feel **centered and grounded**.
- Realize that you are a Soul in a temporary body, able to heal yourself from anxiety, depression, negativity.
- PRACTICE MEDITATION, YOGA, EXTREME SELF-CARE.

I am capable.

I am *strong*.

If I *believe* in myself,

I can turn my

*dreams*

into a plan, and my plan

into my *reality*.

*purplegreyhound*