



# High Self-Esteem

Cheat  
Sheet

High self-esteem is almost 100% responsible for your achieving what you want in life. So here is a cheat sheet I designed to help you raise your self-esteem fast. **Caution:** *this is only a place to start!*

- 1** **Discover the natural or real you.** Nothing interferes with your self-esteem like not being sure who you are.
- 2** **Believe in yourself.** Believe in the value you can offer the world and believe in your right to be loved and appreciated.
- 3** **Learn how to change.** Will power is not enough. You have to become a person who does or have the thing you want.
- 4** **Clear your mind of limiting thoughts.** When you do, you create space for liberating and positive thoughts to build your self-esteem.
- 5** **Become a giver.** And create positive energy around you. Give what you want for yourself – love, respect, etc. and it will come right back to you and build your self-esteem.
- 6** **Shake up your passion.** Passion will force you out of your comfort zone and this will change your energy and build your self-esteem.
- 7** **Be aware of the conversations you have with yourself.** Make them positive and watch how you will control all aspects of your life and build your self-esteem.
- 8** **Surround yourself with positive people and symbols.** Stay away from negative symbols which make you doubt yourself and lower your self-esteem.
- 9** **Learn to forgive.** Forgiveness is NOT pardoning, condoning or excusing. It's about freeing you and raising your self-esteem.
- 10** **Have faith.** In your Higher Power and in yourself. Together you can raise your self-esteem.

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