



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.

Get more help by contacting me at lorna@impacttrainingservices.com



Lorna Barrow

Founder | HR & Growth Strategies
www.businessofbeinginbusiness.com



Lorna Barrow

Consultant | Coach | Learning Solutions Specialist
www.impacttrainingservices.com