Lesson 3

All human beings have been given the power to choose what they believe is best for them. This power that allows us to make a decision is called **Choice.** To have a positive self-esteem, what you need to do is make a decision to choose only positivity in the life around you. Choose positive thoughts and positive feelings and that will automatically ensure a positive self-esteem. If you become aware about the impact that this choice has on you, you will yourself begin to see that when negative thoughts fill your mind you will be having a low self-esteem. Instead if you encourage positive thoughts, it will definitely make a positive impact on your self-esteem.

The most important point to ponder when making that choice is:-
How to choose the thoughts that support positive self-esteem and confidence?

Thoughts and Feelings Exercise

Instructions: To find out how to make that choice that enables positive self-esteem and confidence?

To go ahead with this exercise, let us initiate a class discussion and collect ideas and thoughts all other people have. Jot down these thoughts and add your own inputs. Once you have a column listing the Thoughts, draw up a column of Feelings and note down what feelings are evoked inside you when you think about a particular thought.

Thoughts	Feelings
I hate school	
I can't do that	
I have no friends	
I'm great at sports	
I have many friends	
I have no friends	
Add your own…	
_____	
_____	
_____	

This exercise will help you crystallize those thoughts which have the effect of evoking negative feelings in you. Whenever you feel you are being negative, you have the option of making that choice which helps change your mindset from thinking negative thoughts to thinking positive thoughts about yourself. The power given to you by this Choice will enable that positive Self Esteem in you and allow you to say: *I Am Confident!*