



Lesson 2

Is it ever too late to change the way we feel about ourselves?

When I am asked my views on this question, my answer is always the same. No, it is never too late to change the way we feel about ourselves. Since self esteem is your perception of your own beliefs about yourself, it is very important that you know what your thoughts are and what your feelings are about your own self.

When you look into a mirror, what you see and think about the person in the mirror; is your self-image, the reflection of your self-esteem. When the mirror highlights what you like about yourself that would be called a positive reflection. If your eyes see only your flaws, that's what we call a negative reflection of yourself.

If you focus only on the negative thoughts you weaken your self-esteem. There would be very few people in the whole world that could look into a mirror and be happy about what they see. Almost all of us try to measure ourselves against the notion and images of beauty circulated by the media, forgetting to focus on the gifts each one of us have.

Instead, if we make our eyes look into the mirror and focus on the gifts we have been given, not only will we get more confidence in ourselves but we will also learn to value these gifts more. And since self-esteem is a direct reflection of what we believe about ourselves; this boost in self-confidence will give a healthy self esteem too.

You must remember that nobody else is going to come and help you increase your self esteem. It is something you and only you can do for yourself. You have to have positive thoughts about your own self and purge all the negative thoughts, words and actions from your life. If you do this, you will see the energy emanating from this positive self esteem flowing through your body.

Love Yourself Exercise

Instructions: Let us make a list of things that you like about yourself. List the things you respect about yourself and not what you like doing. If you feel it is tough thinking about such a list then write down what you like doing. From that list, pick up the talents, gifts, skills and abilities that you have within you. Think about what your strengths are and what your friends love and appreciate about you. Try to write down how someone who loves you and cares for you would describe you.

I have the following gifts, talents, skills and abilities:

Answer these questions:

I like myself most when I

I like myself least when I

From what you have written down, you can draw that picture of the self being. You can get to understand what you think about yourself and how you feel about yourself. If you generally find only your faults and list the negative things in your life; this list of the positive qualities in your life should make you believe in yourself. You must understand that by always finding fault in yourself, you are only abusing yourself. Instead, if you start enjoying your positive achievements and the success you have achieved in your life, you will be on the path to changing your own thoughts about yourself.