

10 tips to boost your self-esteem!

GLOBAL NEWS SERVICE

You can boost your self-esteem — by following 10 tips from a blue-ribbon panel of California-based experts that developed ways to help people feel better about themselves.

These tips were provided by Dr. Kenneth Ogden and Dr. Paul Kent Froman, who worked on the California Task Force to Promote Self-Esteem.

1. **ACCEPT YOURSELF:** Every day when you get up say to yourself, "I am a worthwhile and lovable person no matter how many mistakes I make."

2. **SET REALISTIC GOALS:** Try to better yourself, but set goals that are within your reach. For example, if you want to stop smoking and go on a diet, don't try both at the same time.

3. **FORGIVE YOURSELF AND OTHERS:** Remind yourself: "Today is the first day of the rest of my life." To forgive yourself and others, let go of past feelings of guilt and resentment. Get on with your life.

4. **EXPRESS YOUR FEELINGS:** Start by being honest with yourself. Next, find someone you trust — a spouse, a parent, a close friend — and tell them how you

feel. Truthfully express your feelings this way and you'll slowly build confidence.

5. **TRUST YOURSELF:** Make an agreement with yourself to be more responsible. Do something simple like getting up at a specific time in the morning. When you do it a few times you'll begin to trust yourself in more important situations.

6. **TAKE APPROPRIATE RISKS:** Go back to school. Seek a better job. If you don't take chances, you'll be in the same old rut.

7. **TAP YOUR CREATIVITY:** Everyone is creative but we stifle our creativity because we're afraid of failure. Force yourself to keep on trying until you get it right. Most of all, have fun.

8. **FIND YOUR SPIRITUALITY:** We can all increase our self-esteem by realizing we're accepted and loved by God.

9. **ELIMINATE NEGATIVE THOUGHTS:** You damage your self-esteem by allowing your mind to be filled with negative thoughts such as "I'm a terrible worker" or "I'm too fat."

10. **LIKE YOUR BODY:** Your health and appearance are important parts of your self-esteem. Accept things you can't change, such as height. Work on things you can, like being

PART I

HOW GOOD DO YOU FEEL ABOUT YOURSELF?

Respond to the following statements with GT (generally true) or S (seldom). Be honest. The purpose of the quiz is to get at your true feelings.

1. I feel content with my present work life and home life.
2. I am prepared to take risks.
3. I am able to ask for help.
4. I am genuinely pleased to learn of others' success.
5. I appreciate it when people recognize the good work I do.
6. I appreciate and take pride in my accomplishments.
7. I see mistakes as opportunities to learn.
8. I look at people when speaking to them.
9. I really listen to people when they speak to me.
10. I can ask for what I want.
11. I exercise regularly and take care of my health.
12. I help others at times, but I can say no when my plans or needs warrant it.
13. When something good happens to me, I am happy to share the news with others.
14. I have high standards for my performance, but I can accept being "good enough."

Responding to most statements as generally true (GT) indicates that you value your own happiness and behave generously toward others. Fewer than nine GT responses indicates that you like who you are but may at times abandon your own needs. A total of less than six positive responses reveals that you have a low opinion of yourself and put everyone else's wants or needs before your own. It's time to turn that situation around.