

## TEN STEPS TO LIKING THE PERSON YOU ARE!

1. Believe in yourself
  - ◆ Your worth as a person is independent of external factors
  - ◆ What do you deserve? What are your rights?
2. Recognize your good points
  - ◆ Exaggerate these qualities
3. Examine how you berate yourself
  - ◆ Your internal critic fills your head with self-defeating thoughts
  - ◆ Your thinking patterns aren't always correct
  - ◆ What are some of your unproductive core beliefs that diminish your self esteem?
4. Recognize the REAL you
  - ◆ Replace these self-defeating thoughts with life affirming statements
  - ◆ Listen and believe the positive statements spoken by loving friends, family and acquaintances
5. Accept that you aren't perfect
  - ◆ Wanting to be perfect is NOT healthy
  - ◆ Self-evaluation - what honestly can you improve upon? And then set a goal to do so!
6. Find out who taught you to feel bad about yourself
  - ◆ Remembering the past
7. Let go and forgive
  - ◆ Your parents were doing the best they could
  - ◆ Make a choice today to leave the past behind and to live in the present!
8. Accept that you are unique
  - ◆ Acknowledge and share your gifts
9. Discover what you need to feel nurtured and DO IT!
  - ◆ What nurtures your soul? What enables you to grow?
  - ◆ C A R E S S - Compassion, Acceptance, Respect, Encouragement, Support, Stroking
10. Learn how to listen with your heart and talk so you'll be heard
  - ◆ Empathic communication