

How to Boost Your Self Esteem - 5 Tips For Success

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Having low confidence or self esteem is hard. I've been there and I know that not having faith in yourself or your abilities can really prevent you from achieving success in many (if not all) areas of your life.

Boosting your confidence or self esteem can be done and the effects of doing so will astound you, but it's not an overnight process.

You must do certain things to set the wheels in motion to gradually boost your confidence and self esteem and the tips below will get you started:

1. Take an inventory of where you are now. Consider where you are in regard to your health, your knowledge, your social life, your finances, family, relationships with your partner/significant other, spirituality, career/business, giving to others and giving to yourself.

Rate each area out of 10, with 0 being that you're not happy with that area of your life and 10 being that you are completely satisfied with that area of your life.

2. Take note of the areas where you scored a 5 or less and list these.

3. Pick one area you would like to work on first, then pretend you have "fixed" your life and that area you picked is now perfect. Write a description of what is different to your current situation (remember, you're pretending!). For example, if you rated your finances a 2 out of 10 write about how easily it is now to pay your bills, what having the money you need has done for your life, what you can now have that you didn't have before.

4. Brainstorm ideas on how you can achieve the result you wrote about previously. If you wanted more money, then what can you do to earn more money? If you wanted more knowledge in a certain area, what's the best way to gain that knowledge? If you wanted a better relationship with your partner, what can you do to make it better?

What is the first step you will need to take to achieve a 10 in that area?

5. This is the simplest but the hardest thing you need to do: Take that step. Take action! Just do it! Then take the next step, and so on!

Now, you're probably wondering how all of this can boost your confidence, so let me explain.

Once you have taken the necessary steps to help you move towards a desired situation, you will start to notice some very subtle changes. Not only in yourself, but in your world. Things will start to look better. Life will get a little happier. It will probably also get a bit scarier, but that's just your mind getting you ready for personal growth and it will pass. You will soon look back on your progress and wonder what you were so scared about!

You don't have to do everything all at once. Each tiny step you take is one step closer to your goals and that is what will give your confidence and self esteem the boost it needs. Try

doing at least one thing every day to get you closer to your goals and your life will change. Try it and see for yourself!

If you want some further help in improving your confidence or self esteem, here's what you must do next...

Visit SelfConfidence101.com for your FREE Confidence Boosting Guide and learn how you too can finally live the phenomenal life that you thought only others could enjoy.