



# The Building Self-Esteem

DAILY ENERGY  
WELLNESS GUIDE

*If you want to be happy for an hour, take a nap. If you want to be happy for a day, go fishing. If you want to be happy for a month, get married. If you want to be happy for a year, inherit a fortune. But, if you want to be happy for a lifetime, do something good for someone else.*

*- Anonymous*

### **What Causes Self-Esteem to Disappear in the First Place?**

Things can happen to you in life that make you doubt yourself, sometimes terrible things, like contracting herpes or being abused in some way. Sometimes it's just how someone you care about says something to you or how they look at you that can make you begin to doubt yourself. That doubt might lead to inaction due to fear of negative consequences or making mistakes. Inactivity eventually leads to even more uncertainty, low self-esteem, and a lack of confidence.

Without self-esteem, it's impossible to follow your intuition and do the right things that will lead to health and happiness. Self-esteem empowers will. Without self-esteem, will, passion, and determination drain away.

Besides trauma, another cause of low self-esteem is perfectionism. Setting unachievable standards causes a slow death of self-esteem. Maybe, you're not aware of how unrealistic your ideals or goals really are because you were raised in a family where only perfection was acceptable. Or, maybe you don't give yourself credit for your accomplishments even though you may have surpassed what might be considered average ability for the same reason. Constant expectation and striving to be perfect leads to stress, overwhelm, and inability to find self-acceptance. Hence, low self-esteem.

You may fear making changes. Some of us are better at it than others. We lose self-esteem when we fear change. There's nothing worse for self-esteem than denying available choices to avoid change.

Refusing to take direction for your own life and vacillating between difficult choices without ever making a decision at all can make you feel as if you can't make any right decisions, no matter how small. When this mindset leads to stagnation, you may end up feeling as though life is passing you by when actually, it is the other way around. A lot of times, this happens when we are tuning into our [voice of intuition](#).

In essence, self-esteem is lost when you doubt your ability to handle what life throws at you when your standards are set so high that no one, not even you, can reach them, when you resist change because you are afraid, and when you stagnate. You lose self-esteem when you stop trusting yourself.

**Over the next fourteen days**, make the decision to focus on carrying out the following activities. Try not to strive for perfection. Seeking perfection is another way of losing self-esteem. No one is perfect. Just focus on making small changes.

### **Get Enough Sleep**

We have a natural, built-in body rhythm of getting our best sleep between 11 PM and 2 AM. Begin going to bed a half-hour earlier each week until you can get up at the same time every day and still have gotten 8-10 hours of sleep. Get up at the same time every day. Sooner or later, you'll find yourself going to bed at the same time each night. Also, see [Getting a Good Night's Sleep](#).

### **Get Dressed When You Get Up**

Do you want to feel like a loser? Day after day, hang out in your pajamas and watch the sun go down without ever getting dressed. Mark the start of your day by getting up, eating, brushing your teeth, or taking a shower. Stay away from screens. Finish your breakfast first. Prioritize your to-do list and do them. If you want to fly to Paris but only have \$5 to your name, put that on your list too. You'll be delighted every time you see it on your notepad (this goes along with stretching your mind with your imagination (mentioned later). Then, and only then, after you are fed with genetically appropriate foods and dressed, go about your day.

### **Eat Well, or At Least Better**

Have a protein or a healthy fat at each meal (cheese, meat, eggs). Rather than calories, focus on eating [genetically appropriate nutrition](#) full of colorful foods to relieve anxiety, panic, and overwhelm.

## Cut Back On or Avoid Sugar, Processed Foods & Stimulants

If you are drinking a large amount of caffeine, switch to *Oolong* tea (a combination of black and green tea). Once you are used to it, switch to green or herbal tea.

Avoid white foods, such as white flour, bread, rice, potatoes, and sugar. Use *Stevia*, a natural sugar substitute you can cook with, found at health food stores, or a bit of raw honey for sweetening. So you know, *Stevia* can cause diarrhea in sensitive individuals.

Avoid all prepared and junk foods. They cause acidosis, which causes inflammation and triggers herpes breakouts. Cook a meal instead of eating that frozen pizza. Going cold turkey isn't necessary or suggested, but it is essential to begin to cut down on (and then avoid) these things, which cause inflammation and trigger herpes breakouts (and autoimmune disorders).

## Move That Body of Yours

There might be times when regular exercise programs are out of the question but find some activities you like, such as walking on the beach or light stretches, to get some movement into your life. Begin doing something. If you have overlapping conditions, you should speak with your care provider and take it slow. Whatever exercise you choose, do it only until you feel the first signs of tiredness. If you can only walk for 5 minutes, that's okay. That is where you begin. Don't push yourself. Just keep going at the speed or effort that causes you no pain. Add another couple of minutes of walking or extra reps of stretches each week. Build up slowly.

## Get Rid of Junk and Clutter

How could you create healthier spaces for yourself? Take a look around. Get rid of junk, clutter, and dirt in your house, yard, office, or car. Clutter and garbage affect your energy negatively. It can make you feel stuck.

It can be hard to give things away. We form attachments or tell ourselves we may need our stuff someday. But, if you last used something over a year ago and don't know when you might again, it's time to let it go. If you still have the same clothes you wore when you were an itty bitty teenager and are now a size 12, let them go. If you have cards and letters from childhood, organize them in albums or decorative boxes.

Is there something you could sell? It may help you to look at it like this. Objects have a life too. There's nothing wrong with giving them a better one where they will be useful and loved again.

Keep the word "simplify" in your mind as you eliminate junk and clutter. You'll feel so much more energized when you accomplish this task.

### **Engage in Activities, Outings & Invitations**

Remember, emotional feelings always follow taking action. Get to the store for dish soap, good food, and the sake of getting outside and [engaging with nature](#). You'll feel better for doing so. Go to a park, and tune into nature. At the very least, [engage in sense-based activities](#).

If you are invited somewhere, and some part of you even remotely wants to go, go! Nothing defeats your self-esteem worse than becoming isolated and telling yourself you have nothing to share with others. You will feel so much better after you do so, even if it is just that you allowed yourself to go. Your perspective and your mood will lift, and you will be happier with yourself.

Find things to do around your house or yard, starting with removing clutter and dirt. Face it. You may even be a perfectionist, but when you are depressed, your home will undoubtedly suffer neglect in some capacity. Clutter and garbage affect your energy negatively. Organizing and cleaning your house helps to clean up your mind and aura.

### **Be Around Positive People**

Not everyone has a network of positive people to be around. Some of us don't have even one person to lean on. If this is you, rent a comedy show or movie comedy that will make you roll with laughter. Watch television shows that promise laughter as well.

If you have positive people that uplift you, call them. Invite them over, even if you don't feel like it or don't feel you have anything to share. You do. You just don't know it. You'll be glad you did. Better yet, invite yourself out to their place for a bit of instant perspective. Friendship is a gift. Use it.

With the state of the world being as it is, it may not be possible to visit others. Get online and join groups or forums and meet like-minded individuals. If you're single, see [Resources](#) for dating sites.

### **Ground Yourself** (I don't mean spiritually, although that's a great idea too!)

Restrict yourself from watching any drama or news for two weeks and see if you can't feel your energy levels shifting positively. The world won't end when you stop watching drama and news. If it does, it won't matter anyway.

### **Listen To Energizing Music**

Even if you are not a music lover, this can help you. I'm not talking about your favorite head-banging music or music that makes you want to beat someone up or makes you want to cry when you hear the words. No. Listen to music that soothes, dissolves into the background, and feels really good, like a spiritual back rub or soft music on your cable television music channel if you have paid TV or on [YouTube](#). Buy some new music if you don't already own some like this. Play it while you cook, do dishes, read, type, drive, or pet the cat. Cats and children love soft music, by the way.

### **Drink Plenty of Pure Water**

Drink 4-8 glasses of pure water daily, at least 4. Water flushes toxins out of the body and can relieve pain and sadness. If you are depressed, you are probably toxic, dehydrated, or both. Tap water may contain chemicals that can make depression worse. You might consider buying a water purifier if you live in an area where the water is "iffy". Use a straw. You drink more at once with a straw, which doesn't hurt sensitive teeth. Also, you may have heard cold water does burn more calories, but room temperature is easier on the stomach and is absorbed quicker by the body. Why drink pure water? Take a look at [Food Facts You May Not Know](#).

### **Take Whole-Food Vitamins, Not Synthetic**

Whole food vitamins offer synergistic elements of the food products they came from. Synthetic vitamins cannot do this. For example, when you eat an orange, you ingest enzymes and other vitamins and nutrients as well. Synthetic vitamin C is just that. It is only vitamin C without its beneficial helpers. Learn which vitamins are absolutely essential and the foods that contain them [here](#).

### **Include Meditation, Quiet-Time, or Prayer**

Take 10 minutes daily and do nothing but get out of your own way. Schedule it into your day. Make a 'Time Out' appointment with yourself. During this time, play no music (unless it is meditational). Shut off the dishwasher, the washer and dryer, the TV, and the phone, and get quiet.

You can think about whatever wonderful scenario you like, as long as it isn't "mind babble," such as mentally going over your grocery list, what you should have done last night versus what you did, or any errands you still need to run.

How many sounds can you pick up in the natural world? Can you hear children playing somewhere, birds singing, a car moving down the street, or a dog barking? You might listen to your steady breathing as you sit quietly. For 10 minutes, still yourself, be quiet and listen to your life. This type of meditation is known as mindfulness.

You could pray. However, in this particular type of prayer, you're only to thank your creator for all you have (it's not the time for making requests). God knows your heart and the requests that lay within it. He already knows what you need.

This is the time for thanking and praising. If you can't think of a thing to be thankful for (and it can be easy to feel this way sometimes), start with your body. Thank God for the body parts you have that still work, and go from there.

### **Create Goals for the Future**

One of the best ways to increase self-esteem and energy is to do what you think about doing. Make a list of all the things you'd like to do. Not the "Have To" list, like doctor appointments, completing that work project, doing the dishes, or getting a new babysitter, but a "Want To" list.

On your list should be that new haircut, visiting that friend you haven't seen in a while and miss, donating money to your favorite charity, inviting the family or a special friend to dinner, or buying those jeans you saw and can't stop thinking about. Prioritize them by importance and time frame. Then, do them! If you have much larger goals, such as dropping fifty pounds or owning your own business, be sure to set SMART goals.

So much energy is spent just thinking about doing things. Not doing them is a drain of your energy. If you have no intention of doing the things you think about, why think about them? To completely erase your mental list is okay too! You can start over with a list that suits you better at any time.

## Keep a Journal

Purchase a [journal](#) or a tablet to record whatever you want to about your feelings, thoughts, goals, life, or anything else that comes to mind. If it is difficult for you to write with a pen, as it can be if you have arthritis, Fibromyalgia, or another [overlapping condition](#), then use your computer and type your journal. Typing your journal on the computer can be as beneficial as writing by hand. You'll also be able to create a secret password to lock it away from prying eyes.

When you are bummed out, it is hard to remember good things about yourself, your talents, your activities, and your accomplishments.

Here are some ideas to write about, and whenever your self-esteem is in a slump, or you feel bad about yourself or your life, read it back to yourself.

1. List as many of your strengths as you can think of. Are you friendly, intelligent, faithful, creative, organized, and loving?
2. What are the five most significant achievements in your life? Did you get your GED, learn how to use a computer, have a baby, learn a 2nd language, achieve a degree, or conquer an illness?
3. Write down at least five things that you admire about yourself. It could be your feet, hair, freckles, or how well you have raised your children.
4. List five things you could do to make yourself belly laugh! Could you make faces in the mirror, watch a favorite comedy, remember something a friend did, or visit a humorous friend?
5. What could you do today to make someone happy or help someone else? Who would like to hear from you? Is there a charity you relate to that could use your help?
6. Imagine. Imagine what life would be like, how you would feel if everything you wanted and needed were available. Close your eyes and picture your life as you would like it to be. Don't worry about points A to B right now. Stretch your mind to envision a life with no limitations. You might envision yourself in a happy relationship, seeing the classic car you've always wanted sitting in the driveway or what you would look like and feel like after losing 30 pounds. Are you holding that new baby in your arms, smiling in your new husband's face, or living pain-free in your dream house?



As you imagine these things, experience the emotions that accompany them. Allow yourself to feel the tension you carry around drain right out of your body. Let it go.

From now on, as often as you can think of it, act as if everything you want in life has already happened, which may sound nuts, but what you learn to focus on will actually be drawn to you. It is true.

Place pictures of the things you want around your home to remind you often of the positive feelings those things will bring when they arrive. Forget about what you don't want. Focus on what you do want and see it already happening in your life. Your thoughts have power. Then, act.

Thoughts have power because they can motivate you, but they are not magnets that draw whatever you want to you. They aren't going to bring something into your life just because you thought about that "something." If this were true, everyone would be happy.

Thoughts are simply motivators, vibrations that move you toward taking action to do whatever you need to do to achieve your dreams. It's going to be up to you to take action for you to be able to manifest your desires in the physical world. One way to do this without much effort is to act as if you already have what you want. As you act out your new "script," you will be drawn toward those things, people, and situations that make you feel happy and secure.

*It's never too late to live your best life!*

