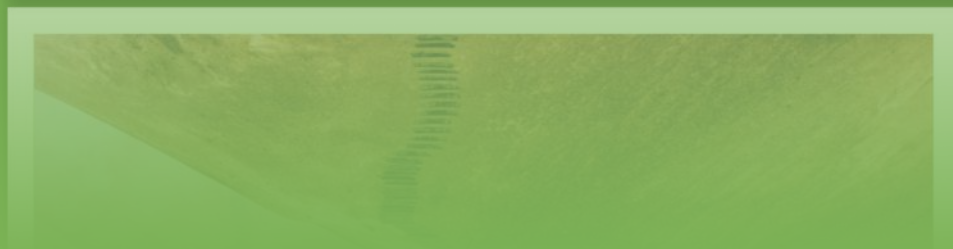


# MODULE TWO

*Stepping Stone 17*

**I Increase My Self-Esteem**



# I Increase My Self-Esteem

I can overcome self-doubt and turn it into self-esteem with the power of my mind.

I think of my recent accomplishments and make mental notes of my past achievements.

I notice how I handle a variety of situations, and I am proud of my successes.

***My self-confidence grows each time I make a healthy and positive choice in my life.*** I am building a better personal world.

I am making a list of my good qualities, and I am aware of how each one is boosting my confidence.

I am a strong soul with many positive aspects that make me a special part of the universe.

***I have the support of family and friends as I work on boosting my confidence.*** They are my biggest fans and can help me identify my good qualities.

I am able to live free of comparisons to others and their lives. I am content with my current situation and abilities.

I have replaced perfectionism with reality, so I know what to expect from myself.

I let go of anger and negativity because they block my confidence.

Today, I raise my self-esteem by recognizing my talents, strengths, and abilities.

I am the only one in the world that has these particular qualities. They make me truly special.

## Self-Reflection Questions:

1. Do others see some positive qualities in me that I haven't recognised? What are they?
2. What can I do to avoid comparing my life with the accomplishments of others?
3. How can I learn to better appreciate and recognise my own abilities?