

Exercises for Individuals

Focus on Positive Attributes

The first step towards building self-esteem is to view oneself in positive light. We lack self-esteem because we either fail to realize our positive traits or have lost sight of them. The first self-esteem activity here is to list down at least five talents or positive traits of yours. Write the talents or traits on a colored sheet of paper and paste it on your cupboard. Write them in large upper case letters so that they are visible even from a distance. You could let this list be stuck right across on your cupboard so that you can see it often or you could take it a step further by converting it to some fun self-esteem activity. To do that, make seven boxes across every trait, each box corresponding to a day of the week. Put a star in the box for the day when you score on a particular trait. To begin with, let the positive points be character traits like honesty, hard-working or truthfulness as the chances of enacting these positive points is greater than specific talents like singing or dancing.

Set Goals

Set weekly or monthly goals. Let them be realistic ones. Set relatively easier tasks to achieve. However, set the target a little outside your comfort zone. Reward yourself when you achieve the goal. You could also provide yourself that daily spurt of joy by circling the days in the calendar when your goal is achieved.

Pick Some Activity

Anything, from planting a tree to making puppets, it could be anything that would give a sense of achievement. The idea behind this self-esteem activity is to allow oneself the sense of accomplishment. Another good option along the same lines is to pick up a hobby. Since one has a natural flair for a hobby, the result would naturally be good. Also the whole experience of indulging in the hobby would ease out the feeling of low self-esteem.

Bring in Positivity in Life

Another way of instilling positive thinking in oneself is to stick positive and encouraging slogans in one's room. This could also include posters and pictures that denote some form of achievement or success. Most of our doubts about our efficiency is in the mind, more specifically in the subconscious mind. Once we feed optimism in our subconscious mind, we would have no option but to feel positive about ourselves.

Use Positive Self Affirmations

Tell yourself the following or better still make a list of the following and put it up in the wall in front of your study desk:

- I love myself.
- I WILL succeed.
- I am an achiever.
- I am smart.
- I choose happiness.
- I WILL be happy.

Don't just read these lines. Take some time and repeat these as if you are instructing yourself. These positive self-affirmations are known to have brought results and build a type of self-confidence that find roots deep within in one's psyche.

