

**How to
increase your
self-esteem**

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1. What is self-esteem and its benefits?

To increase your motivation to build your self-esteem, it is important to know what its benefits are and how powerful it is to have good self-esteem. **Self-esteem benefits your mental, physical, spiritual, and emotional health.** Below are some benefits of having self-esteem:

1. Self-esteem gives you the ability to value and believe in yourself.
2. Self-esteem helps you to realize that you already have enough strength and talent within you to accomplish whatever you desire.
3. Self-esteem gives you the strength to be yourself in order to tap into and unleash your inner strength and talents so you can create and live the lifestyle you love.

4. Self-esteem gives you the ability to accomplish things quicker and better.
5. Self-esteem gives you the ability to block out external influences so you can make your own decisions about what brings you happiness.
6. Self-esteem gives you the ability to stay strong when others are denying or trying to change you.
7. Self-esteem gives you the strength to say “no” to other people.
8. Self-esteem gives you the ability to recognize positive and negative people.
9. Self-esteem helps you to understand that you are still a terrific person no matter what kind of negative qualities you have or how many negative experiences you have encountered in your life.

10. Self-esteem helps you build your positive qualities that will help you become a unique person.
11. Self-esteem gives you the ability to turn your negative qualities and experiences into opportunities.

2. Being you is the highest accomplishment

When you are being yourself, you are achieving one of the highest accomplishments of being human. In today's society, you are being influenced in many ways to not be yourself. For example, whenever you turn on the television or the Internet, it may try to influence you to do this, or to be that. There are not many things in the media that will motivate and inspire you to be yourself.

In your family, you are being compared to others who are more successful than you. It does not matter where

you turn, someone or something will influence you to be someone else.

In this case, when you are being yourself, you should be very proud of yourself because you have achieved one of the highest qualities of being a human being.

3. Self-esteem is about you

Building self-esteem is about you and no one else.

Self-esteem is about you and how you make yourself feel good.

The main thing that will determine your level of self-esteem is your behaviors and the actions you take. Since self-esteem is a positive thing, the more positive behaviors you take for yourself and others, the higher your self-esteem level will be.

However, if you behave negatively, and it does not matter what the reason is, the more you will feel bad about yourself and the lower your self-esteem will become. Since self-esteem is a positive thing, it does not grow when you behave negatively. A negative action does not increase a positive trait because they contradict each other.

It does not matter how negatively a person might treat you or what happens on the outside, always try to behave positively because your self-esteem depends on it.

4. Build a strong relationship with yourself

Since you have to deal with yourself on a daily basis, the best relationship you can ever build is with yourself. You are in a relationship with yourself.

Whatever you have to do to build a positive relationship with another person, you would want to do the same or similar things to build a strong relationship with yourself. For example, in any positive relationship you would treat the other person kindly and support them. In this case, you should treat yourself kindly and support yourself as well. If you spend time with another person to understand them, you also should spend time to understand yourself. If you are always around others, you will have a more difficult time understanding yourself because you are busy interacting with them.

When you develop a positive relationship with yourself you will start to appreciate and love yourself more because you will understand who you are as a person, such as your strengths and talents. And then you would not need others to make you feel good. **You are the best person who can make yourself feel good.**

5. Invest in yourself

We save money to purchase things such as a new car, house or a vacation, but we rarely save money to invest in ourselves to become a better and happier person. Since self-esteem develops from within by building your inner strengths and positive qualities, you also need to make sure to invest in yourself to grow your inner strengths and positive qualities.

Investing in yourself means saving and spending money on things to improve yourself, such as purchasing new books and attending workshops or seminars to increase your self-esteem and self-confidence, in order to become a stronger and happier person. The more you invest in yourself the happier you will become, and the higher your self-esteem level will be.

6. Feed your mind

Self-esteem is about you and your mind. You do not want your mind to influence you to think negatively. For example, you might want to do something, but if your mind creates fear and doubt, your mind is influencing you not to take action, which is not a positive thing.

The mind becomes negative when it is exposed to negative external things. For example, throughout the day there are many tasks that your brain engages in that might not be beneficial, such as dealing with negative comments, negative people and failure. **To come back from those negative things, your mind must be stronger than them.** When the mind cannot bounce back from negative influences it starts to create doubts and fears that will influence you not to believe in yourself, and that will decrease your self-esteem. Below are some successful ways to help you build a strong mind.

1. **Read and reinforce positive messages:** You can do a simple search online for positive quotations or statements and reinforce them as much as possible.
2. **Avoid watching the news:** The news is filled with negative stories that decrease your mental energy and strength.
3. **Engage in positive mental activities:** Try to engage in activities that build your mind, such as doing puzzles, reading, learning new things, and teaching something that you have knowledge about.
4. **Personal development:** Always try to find ways to become a better person. The better you become, the stronger your mind becomes.
5. **Nutrition:** Nutrition has a big impact on your mind, so make sure you get all the nutrients your brain needs.

7. Take good care of yourself

Let me ask you this: If you really care for and love someone, would you do any harm to him or her? For example, if you have a child whom you love, do you harm him or her in anyway? Of course not, right? As a matter of fact, you would do whatever it takes to make sure your child is well taken care of.

The same principle applies to loving yourself. If you care for and love yourself you would not do anything to harm yourself in anyway; this includes physically, mentally, spiritually, emotionally, or any other way. For example, if you care and love your body, you would not eat or do anything that could harm your body in anyway.

Another example would be taking care of your mind. You want to make sure to stay away from anything or anyone who could influence your mind in a negative way. If you know that negative people will influence your

mind in a negative way, you should take care of yourself and stay as far away from them as possible.

When you take good care of yourself in all areas of your life, you will feel good because there is nothing negative to make you feel bad about yourself. For example, when you consume healthy foods your body will feel good, which means you will feel good. When you are around positive people they will make you feel good, which means you will feel good about yourself. The more you take care of yourself, the more you will feel good about yourself, and the higher your self-esteem level will be.

8. How do you treat yourself in private?

Sometimes, when you are out in public, you might behave or treat yourself differently because you want to impress others. For example, when you are in a social

setting, sometimes you might try to eat healthier to prove to and impress others that you are a healthy person. However, when you are in private, you might eat unhealthily because no one is looking and judging you.

When you try to behave better in public than in private, you are harming your self-esteem. First, you try to impress others when you are in public, which decreases your self-esteem. Second, you harm yourself by behaving negatively when you are in private, which also decreases your self-esteem. When you behave differently in different settings your behaviors are contradictory, which means you are contradicting yourself and your self-esteem.

High self-esteem is when you treat yourself the same way and it does not matter what kind of situations or people you are around. When you treat yourself the same way in all settings and situations, you are being true to your beliefs, values and standards.

In this case, evaluate your public and private behaviors to make sure they are congruent. If there are areas that need improvement, it is ok. **As you improve your behaviors the higher your self-esteem will become.**

9. Keep Your Words of commitment

When you keep your commitments you are being true to yourself. However, if you break your commitments you are not being true to yourself because you are not doing what you said you would do. **The more you keep your words of commitment to yourself and others the higher your self-esteem will become.**

Even the smallest commitments matter. For example, if you say you will be at your friend's house at 2 p.m., but you do not arrive there until 3 p.m., you did not keep your commitment and your self-esteem will decrease.

Or, if you say you will finish reading a book in one week, but you do not finish until three weeks later, your self-esteem will decrease. The longer it takes you to accomplish your commitment, the lower your self-esteem will become.

If you have failed to keep to your commitments, there are two things you can do. First, ask yourself, “Do I make more commitments than I can handle?” Remember, you only have 24 hours in a day and that may mean you do not have time for everyone. Second, do you make commitments that you do not want to make? When you make commitments just to impress others, you are unlikely to keep them. In this case, you have to be strong and say “no,” and only make commitments that you want to make.

If you end up making a commitment that you did not really want to make, you still need to follow through on it. **When you break your commitments you are only**

harming yourself and lowering your self-esteem because you were the person who made the commitment.

10. Be proud of who you are

Be proud of your strengths and the talents that were given to you, because no one else has them. Be proud that you have overcome so many life obstacles and you are still here today, because there are many people who do not have the strengths that you do.

Every time you accomplish something be proud of your success, no matter how small it might be. The first way to acknowledge yourself is to say out loud on how proud you are of yourself, and that you have accomplished something, and give yourself a smile. The second way is to share your accomplishment with others, such as your family and friends. You do not have to have a party to

show your acknowledgment; just simply and casually share your accomplishments with them.

When you acknowledge your successes you acknowledge your strengths and talents, which means you acknowledge how great a person you are because your strengths and talents are a part of you.

11. Forgiveness

Forgiveness helps you to free yourself from the negative emotions and energy within you so you can focus better on the things that are important to you and bring you happiness.

First, you have to learn how to forgive yourself. It is very important that you forgive yourself for your mistakes or for when you take the wrong path in life. No matter how

well you prepare yourself to do something, there will always be a chance that you will make mistakes and fail.

If you can change and improve as a result of your mistakes, you should not feel guilty about making them. When you keep on punishing yourself it is more difficult for you to move forward in your life.

Second, it is important that you forgive others. **When you forgive others you are actually helping yourself, as it is not really about the other person.** When you hold on to the pain, suffering and resentment within you, those bad feelings will only harm you—not the other person. Forgive others so you can let go of the negative feelings inside yourself and have more room in your life to experience new things. In addition, when you hold those negative emotions within you, they pull you down because you are still focusing on them.

12. Focus on your positive qualities

Your positive qualities do not manifest by themselves. **You have to allow your positive qualities to develop and grow.** There are two things you must do to help unleash and build your positive qualities to help build your self-esteem.

First, your positive qualities could develop from many things and in many ways. They could be the strengths and talents that were given to you when you were born. They could be skills you have learned, or positive traits that you have, such as kindness, being well-organized or hard-working. They could develop from your successes and accomplishments.

Look at all of your given strengths and talents, learned skills, traits, successes and accomplishments and see what common positive qualities they share. Most likely

those are your strongest positive qualities, the ones that you want to focus and build on.

Second, you have to build your positive qualities; they do not become stronger by themselves. You want to do things that relate to helping you to develop your positive qualities. **The more you do to grow your positive qualities, the stronger they become, and the higher your self-esteem becomes.**

13. Do not waste yourself

When you try to become someone else you are wasting the strengths and talents that have been given to you. When you are trying to become like others, you are less likely to use your own strengths and talents because you are doing things that do not match your strengths and talents.

Remember, you can become great—just like anyone else—if you use your own strengths and talents.

You just need to discover and use your own strengths and talents as much as possible. The more you use your strengths and talents the stronger they become, the more you will realize how great a person you are, and then you will not want to become anyone else.

If you have trouble knowing and unleashing your strengths and talents, refer back to the second day of the program to help you. In addition, you can also learn more about human development and potential to understand the capability of being a great human being.

14. Negative qualities and growing

When you truly understand and accept that you need to have negative qualities, you can use your negative

qualities to help you become a stronger person. For example, the first step to overcome grief is to accept the situation. Then you can look at your grief in a different way that will help you overcome it. It is the same with your negative qualities. **It is important to accept and appreciate your negative qualities like you accept and appreciate your positive qualities.**

Self-esteem is not about having only positive qualities, but the ability to become a better person daily. **The act of improving daily is what will bring you good self-esteem.** You want to see where you can improve in your life to become a better person every day. One way to improve yourself is through your negative qualities and experiences.

Whenever you encountered something negative, do not think it as a negative thing but as an opportunity for you to grow. You have two opportunities to grow when you

encounter a negative experience. First, it gives you the opportunity to learn new knowledge and skills in order to overcome that negative experience, and that is a positive thing. Second, whenever you overcome anything, your inner strengths become stronger and that would increase your self-esteem.

15. Never underestimate yourself

Never ever underestimate yourself. You have more knowledge, strength, talent and skill than you could ever imagine. **If you are committed to believing in yourself, magical things will happen.** Everything starts with believing in you. To help you believe in yourself, try to learn more about human potential and understand more about being a human being, because you are a human being. The more you understand about human potential, the more you will understand and realize that you have a lot

more knowledge, strengths, talents and skills than you are giving yourself credit for.

16. Focus on people who approved of you

When you focus your energy on people who do not approve of you, you will not have enough energy for the people who want to be in your life. When people who want to be in your life sense that your energy is on other people, they would have no other choice but to distance themselves from you because they will believe that you do not want them in your life. As a result, you would be left alone because you are trying to chase after people that do not approve of you, and you also push away people that want to be in your life.

Remember, if people want you in their life, you really do not need to do anything special; just being

yourself. Those people just naturally approve of you. It is like they are attracted to you. These individuals want to be around you at no cost. Even if you have negative qualities that they might not like as much, they still want to be in your life. Those are the people that you want to give your attention to.

17. Give no attention to negative people

When someone is putting you down, it is important not to fuel their energy by giving them your attention. It is important to walk away immediately and not stay and talk to them. When you fuel their energy they will keep on pulling you down, and you will feel bad about yourself, lowering your self-esteem. In addition, if you are still around them, they might believe that it is okay for them to treat you negatively because you are not doing anything about it.

You have to be strong and walk away because you do not want to receive their negative energy; that would influence you to do similar things in the future.

Remember, the more you are around negative people the higher the chance is that you could become negative yourself. In addition, self-esteem is a positive trait, and doing negative things will not increase it.

18. Only impress and compete with yourself

The only person you should be competing with and impressing is yourself. **When you compete with others, it is not a fair race because you and other persons aim for different things, goals and dreams.**

At the end of the day, the only person you have to deal with is you. So make sure you do things that you can be impressed by. Even though impressing others may make

you feel good at some level at that moment, that good feeling will not compare to how you would feel about yourself at the end of the day. **At the end of the day, the feeling that truly matters are the feeling you have for yourself.** And competing with others does not help you to be satisfied with yourself.

If you are not satisfied with yourself at the end of the day, your behaviors might not be in alignment with your values, beliefs, morals and standards. Your values, beliefs, morals and standards are a part of you. When you act according to them you are being yourself, and the higher your self-esteem will become. In this case, examine your behaviors and see if they match who you are, and see what can you improve.

19. Attract positive people

The best way to attract positive people is to be positive yourself. As a human being, you attract who you have become. The truth is, positive people only want to be around other positive people. If you are a negative person, they are unlikely to come to you. As a matter of fact, they will do whatever they can to avoid negative people. So if you want other positive people to enter into your life, you must be positive first.

There are three things you can do to become a positive person. First, reinforce positive messages to yourself on a daily basis. You can do some simple research online looking for different positive quotes and statements, and you will get plenty. The more you reinforce positive messages the faster you will become a more positive person.

Second, seek out places that are filled with positive people and try to be around them as much as possible. When you are around positive people their positive energy will be transmitted to you, helping you to feel more positive about yourself and your life.

Third, treat yourself in a positive way. For example, do not judge yourself harshly, but love the person you have become despite the negative qualities you have. **When you treat yourself in a positive way you will feel positive, and this will help you become a more positive person.** Focus on and build on your positive qualities by doing things to make them stronger. The stronger your positive qualities become, the faster you will feel good about yourself. This will help you to increase your positive attitude.

20. Show others how to treat you

The best way for others to know how you would like to be treated is by giving them examples. For instance, if you want others to treat you in a positive way, set an example of what “positive” is by applying it to yourself and your life first. **When others see how you treat yourself, they will know exactly how to treat you.**

Remember, each person has a slightly different definition of what positive is. So by showing your definition to others through how you treat yourself, it will guarantee that others will treat you the way you want them to.

Or, if you want others to be honest with you, you have to be honest with yourself and others. When people know that you are an honest person, they will try to be honest with you.

Another example would be what kind of food you want others to offer you. For example, if you are a healthy person and want others to offer you fruits and vegetables, eat those kinds of foods when they are around you. If people see that you often eat fruits and vegetables, they would most likely offer you fruits and vegetables when they see you. Or if people often see you eat chips or candies, they will be more likely to offer you chips and candies. People are unlikely to offer you food that they have never seen you eat before.

If you want others to be organized and clean around you, make sure you are organized and clean yourself. When people see that you are an organized and clean person, and when they want to invite you to their home, they will do whatever it takes to be organized and clean in order to meet your standard when you come over.

So whatever or however you want others to treat you, be the example.

21. Be consistent

You have to be consistent about who you are as a person as well as the standards you hold. When people see that you are consistent about who you are, they can start to treat you the way you want to be treated.

However, when people see that you are not consistent about who you are, they are led to believe that you do not know who you are and they will not take you seriously.

So whatever standards and beliefs you develop for yourself, believe in them and be consistent. You can change your standards and beliefs as you change and grow, but whatever standards and beliefs you hold at the moment,

you have to believe in them and be consistent. It does not matter how many people disagree with you.

When you are consistent and believe in your standards, beliefs and values, the higher your self-esteem becomes because they are a part of you and shape the person you have become.

22. Say “no”

There will be many people who will try to persuade you to do things that do not fit with your goals, dreams and happiness. In this case, you have to build your self-esteem to be able to say “no” to them. There are three important reasons why you need to say “no” to others.

First, you do not have enough time for everyone and everything. You only have 24 hours in a day. If you spend

your time doing things for others, you will not have enough time to do your own things.

Second, you have only one life to do the things you want to do, so do not waste it by doing undesirable things for others. Saying no does not mean you believe other people and things are negative or wrong; you just do not have time to do things for others when you have your own things to worry about.

Third, pleasing and impressing others will not increase your self-esteem. Self-esteem is about pleasing and impressing yourself. It does not matter how many things you do for others to impress them; you will never feel good about yourself at the end of the day.

23. No need to defend yourself

When you know what you are doing is the correct thing for you and your life you do not need to explain or defend yourself when someone disagrees with you.

However, when you defend yourself for something that you know is right for you because someone else disagrees with you, then you are lowering your self-worth and self-esteem.

Remember that you do not need to prove anything or impress anyone. If people disagree with you, that is their choice and it is their responsibility to deal with it, and not yours. Do not waste your time trying to explain or prove to others what you believe is right for you if they disagree.

Remember, not everyone will agree with you; each person is different, and that means each of us can believe in different things. When other people disagree with you it does not mean you are wrong.

24. Live your own way

There are many ways to live life successfully, and it is important to figure out which way will fit with who you are as a person and the life you want to live. Do not believe that you have to live the same way that other people are living. There is no wrong or right way to live. There are no rules or guidelines of how to live your life.

Life is not about growing up, getting an education, getting a job, getting married, having a family, and then retiring. Of course, that is definitely one way to live, but that is not the only way. Yes, there are certain things and qualities that you should develop to give you meaning, purpose and happiness in life, but the way to achieve those qualities depends on you.

Living your own way means that you decide when and how you do certain things, and what and who comes in and goes out of your life. It depends on which

way is better for you to help you live your life successfully and to reach your full potential.

When you live your own way, you will have more opportunities to use your own strengths and talents.

You are unlikely to use your strengths and talents when you are living your life someone else's way because other people's lives require them to use their strengths and talents, not yours. The more you live your own way, the more you will use your own strengths and talents, and the higher your self-esteem will become.

25. Know happiness

Knowing and building your happiness is a very big component in increasing your self-esteem. Self-esteem and happiness will develop very similar feelings within you. As

one grows, the other one also grows. It also works the other way around.

The first step to achieving happiness is to know what it is. When you know what happiness is, you can develop thoughts, behaviors, and actions that help you experience more happiness. However, if you do not know what happiness is, it does not matter how much time and effort you spend doing the wrong things; you would never experience happiness.

The misconception that many people have is that they will know what happiness is the moment they are born. However, nothing comes to us automatically; everything requires learning, discipline and hard work.

Even though there is no set in stone definition of what happiness is, there are common and similar definitions of happiness. Below are some popular and well-known definitions of happiness.

According to Webster's dictionary, "Happiness is pleasure, contentment, satisfaction, joy, delight, well-being, and bliss."

According to positive psychology, "Happiness is defined as experience frequent positive emotions such as joy, interest, life satisfaction, and appreciation for life."

According to the Dalai Lama, happiness is about "reflecting on what is truly valued in life, what gives meanings to our lives, and setting our priorities on the basis of that, and developing basic good human qualities such as warmth, kindness, and compassion. Then our life becomes meaningful and more peaceful, and happier."

Take time to learn more about happiness. In today's society no one will teach you about happiness. Your parents do not teach you, schools do not teach you; you need to teach yourself.

26. Create your own belief system

Create a belief system that contains your own beliefs, values and standards to help you make decisions. Self-esteem is about believing in yourself, which consists of your beliefs, values and standards. To help you figure out which beliefs, values and standards are best for your belief system requires learning, trial and error. **You have to try out as many different kinds of things as possible to see what beliefs, values and standards are best for your life.**

Sometimes certain beliefs, values or standards might seem good, but they might not work for you when you apply them in your life. As you apply different beliefs, values and standards, you will discover which ones fit your life and put them into your belief system.

Your belief system should never be set in stone because you will learn new things and grow constantly throughout your life. When you learn something new, your beliefs, values and standards also change as well. It is also important that you constantly educate yourself to discover new beliefs, values and standards to put into your belief system to help you make good life decisions. **The stronger your belief system, the more successful you will become, and the higher your self-esteem will become.**

27. Give up outside standards

Words and things mean something different to each person. The meaning all depend on you. Whatever you want to achieve for yourself depends on your own definition. For example, if you want to become successful, it depends on your definition of success. If you use other people's definitions of success it would be difficult for you

to succeed because you would be trying to achieve someone else's idea of success. Even though other people's definitions of success are not bad, it is still not your definition.

Give up outside standards in order to figure out what you consider success to be. Stay focused on your own definition. **Even though society has a standard for what success is, you do not have to follow that standard if you do not believe in it.** It does not matter how many people have the same standard of success, if it does not fit in with your life you should not adopt it as your own. This goes for all areas of your life: health, relationships, family, friendships, etc. No one has the same two standards. You might have standards that are similar to other people's, but they are not the same.

When you work toward your own standards, they will be easier and more enjoyable for you, helping

you to accomplish things. Sometimes it might take you awhile to reach your standard of success, but it will be a pleasant journey, and you will feel good about yourself. This will increase your self-esteem and help you to believe in yourself and that you can become successful.

28. Self-reflection

Give yourself personal space and time to reflect about what your goals and dreams are. If you are always around people you will not have enough time to reflect because you are busy interacting with them.

For example, sometimes something might sound good to you when you talk to others, but after you think about it you may find out that it does not sound as good to you after all. The main reason for this is because others can

influence you to believe in certain things that might not be the best choice for you.

Every day, set aside some personal time for yourself, it could be between 5-15 minutes, to see what you have been doing throughout the day, week, month, and year, and see if what you are doing bring you happiness or not.

In addition, if you have made a bad decision in the past, thinking about it will help you see where the influence came from so you can make better decisions in the future and not have to repeat the same mistake again.

Also, once a week, spend some times doing your own things without feeling the need for others to do them with you. If you enjoy doing something on your own without the need for others, that activity might be a good fit for you. Sometimes when you are around other people, it

might be the company of your friends or family that you are enjoying and not the activity itself.

29. Go your way

It is important to adapt, change, and go your way after you have figured out that something is not a good fit for you anymore. The more you head in a direction that is not right for you, the more you diminish your chances of exploring other things that might be better fit for you.

Self-esteem is about being true to yourself and living your own way. Since you are constantly changing, what you want will also change. For example, when you are young you might think differently compared to when you become an adult; you have become more mature and understand things and life differently, which means you might want to live in a different way. When you change in

any way, your course of action should also change to remain congruent with who you are.

Having good self-esteem is not about knowing all the answers at the beginning, but about being willing to learn, change and adapt to what and who you have become in the present moment. If you do not let go of the old ways that do not fit you anymore, you are not living true to yourself. The more you live your life in ways that fit with who you are, the higher your self-esteem will become.

30. Do it yourself

It is important to try to do things by yourself before you ask for assistance. If you always ask others for help when you do not truly need their help, you build the habits of pessimism and enabling. In the future, you will be more likely to believe that you are not capable of doing

something by yourself, which means your self-esteem would decrease because self-esteem is about believing in your own abilities.

Whatever you want to do or accomplish, take the time to research the steps and try to accomplish them by yourself. It is important to do the steps that you can do by yourself, without help. If there are steps that you need help with, ask for help; but be sure you need the help and do not ask because you might be too lazy to do them yourself. Even if a step takes you a while to accomplish but you can do it on your own, take your time and do it on your own.

31. Never give up on yourself

No matter what kind of lifestyle you want to develop, you will encounter challenges and struggles in one

way or another. However, it is not the struggles that determine who you are, but the patience and persistence you have in overcoming those struggles.

You can never give up on yourself because nothing and no one will come to your rescue. It is you who will make your life possible. You deserve to build the lifestyle that you love, so do not let anything or anyone stop you; not other people, or things, roadblocks, setbacks, and/or failures. You have to be stronger than those things. It does not matter what happens or what you need to learn to overcome your struggles; you have the ability to become successful. So never give up on yourself and what you want out of life because the process and the destination will be worth the time.

When you give up you do not believe in yourself, and the lower your self-esteem will become. As long as you keep your self-belief alive and move forward to achieve

what you want out of life, the higher your self-esteem will become.

32. Self-trust

Self-trust is important in today's society. **No one will ever know what is better for you than you.** In order for others to know what you truly want, they would have to know your deepest desires. However, in today's society it is not easy to express your deepest desires to others because you have been taught and raised not to show your emotions and feelings and to keep things to yourself. However, expressing your emotions and feelings are a big part of your deepest desires.

In this case, the only person you can trust to make good decisions for your life is you. Trusting yourself at the beginning might be difficult if you have rarely made your

own decisions. However, trusting yourself is also a learning process, and it gets easier as you keep on trusting yourself and making your own decisions. **When you make your own decisions, with either positive or negative results, you will learn more about yourself and what you need to improve.** The more decisions you make, the more you will learn about yourself, and the better decisions you will make in the future.

In addition, you would rather make your own decisions and mistakes and learn from them rather than trusting others who then make mistakes. If you make mistakes because of other people's decisions and influences you will have less motivation to learn and improve compared to when you make your own decisions and mistakes because you would believe that it is other people who need to change, not you.

33. Take responsibility

Taking responsibility is a big part of becoming successful in life. **Taking responsibility gives you the motivation to take actions to solve your problems and to be in control of your life.** When you do not take responsibility you are more likely to make excuses and blame others for your life outcomes. This will not only make the situation worse but also take some of your inner power away.

Taking responsibility does not mean you have to know all the answers right away, but that you are willing to find the answers to solve your problems and not let them hold you back from moving forward in life. Sometimes it might take you awhile to fix something, but as long as you take responsibility and fix your problems and move forward daily, you are in control of your life.

Remember, your problems are your responsibility because no one will come around and solve them for you. Believe that you have the strength, knowledge and skill to solve your problems, because you do. **The more you take responsibility for your problems, the higher your self-esteem will become.** This helps your brain to unleash the knowledge and skill you need to solve your problems.

34. No blaming

Whatever happens in your life, take responsibility for it, and do not blame other things or other people. When you blame other things or people, it means that you believe that you are not capable of handling what has been presented to you.

Self-esteem is about believing in yourself, and believing that you can overcome anything that is

presented to you. Remember, you have more ability to overcome anything than you give yourself credit for. When you do not believe in yourself, your self-esteem becomes lower because blaming also takes some of your inner power away.

It does not matter what happens; take responsibility for the outcome even though you might not have caused the incident. The moment you take responsibility it will give you the inner strength to move forward and find the solution to overcome your problem quicker, as compared to when you blame others—which will also decrease your motivation to solve your problem. **The sooner you solve your problem, the stronger your inner strengths become, and the higher your self-esteem will be.**

35. About the author --- Mykim Tran

Mykim Tran is a personal transformation expert, speaker, educator, life coach, and author. She seeks to help transform individuals to become the best version of themselves and in reaching their full potential. Mykim is a national best-selling author of *Self-Esteem Building: How to live your life as YOU* and other self-help books on life and happiness topics such as self-confidence, goal setting, stress management, health and wellness, and career development. Mykim is the founder and CEO of Wake-Up Foundation, a non-profit agency, in transforming individuals to become social change agents to promote stronger communities. Mykim is a certified Recovery Coach. She received her bachelor's degree in Media Communications from California State University of Sacramento, and her master's degree in Psychology at Walden University. She is currently a PhD student at

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