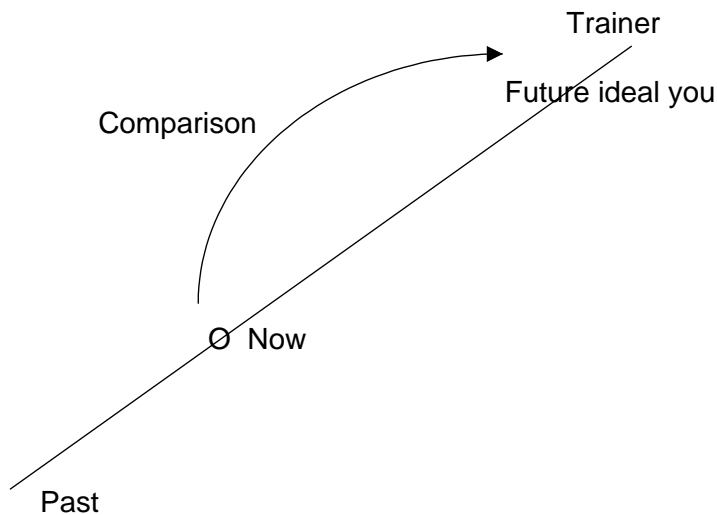# Esteeming Strategy in Learning
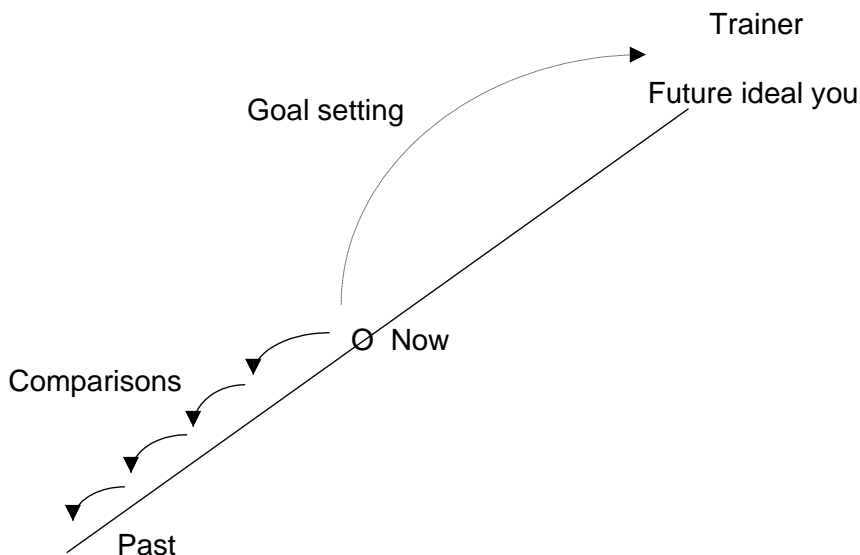
The way we esteem ourselves when learning can either interfere with, or assist our learning state.

Unhelpful Esteeming

Unhelpful esteeming comes from comparing your ability to the person delivering the training, or to the ideal future you who has mastered what is being learnt.

Helpful Esteeming

Helpful esteeming comes from recognising the progress you have made - how much more you know and can do now compared to last month, the month before that, and so on. Use the difference between you and future you to set learning goals.

NLP in the Northwest
info@nlpinthenorthwest.co.uk
www.nlpinthenorthwest.co.uk