

Positive Self-Love (Self-Esteem)

Tori Olds, a therapist at Deep Eddy Psychotherapy in Austin, TX suggested that we should pursue Self-Love or Self-Compassion instead of Self-Esteem. I agree 100% with Tori that *"Our culture is pretty much what we present so that we can feel good about those things and that's self-esteem. What about just who we are, though? What about the innate human being inside of us that feels and dreams and has vulnerabilities and pains and struggles? Can we care about that part?"* You can listen to a video about this here: <https://youtu.be/DgAImx0kSR4>

Self-Compassion

Antonyms – Inferiority, Doubtful, Ashamed, Anxious

Synonyms – Self-respect, confident, worthy

Self-Talk of the Loser: "I'd rather be somebody else"

Self-Talk of the Winner: "I like myself"

Quote: "***Self-love is about accepting all of yourself***" – Tyra Banks

For more positive Self-Love take action today:

1. Dress smart and ensure that you look good.
2. Be the first to offer help.
3. List all the good reasons for accepting yourself.
4. Re-act with a plain "Thank You" on a compliment.
5. Take a seat in the front row when attending lectures, conferences or meetings.
6. Walk straight up and with authority.
7. Set your own standards instead of comparing yourself with others.
8. Use supporting and confirmatory language when talking with yourself or about yourself.
9. Keep to an ongoing schedule for self-improvement.
10. Smile. It is a universal language. A smile conveys says: "I am OK, you are OK"

Work on improving your strengths as far as this topic is concerned, set goals to improve their use, reward yourself for achieving a goal and practice affirmations to help you. Remember to reward yourself for your successes and to enjoy your strengths under this topic and to forget about negative weaknesses.