

12 Steps to a Healthy Self-Esteem.

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"Step 1 to developing a healthy self-esteem, stop comparing yourself to others."

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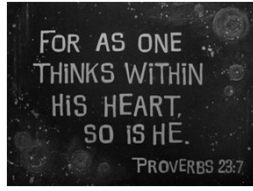

Definition of a healthy self-esteem: "I like myself for who I am and I positively embrace my own uniqueness and goals"

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Source of a Healthy Self-Esteem.



"Thoughts are Things" You are what you think you are



"Step 1: stop comparing yourself to others."




Impact of comparing self to others:

- Creates judgmental and/or negative attitude
- Creates false sense of superiority or inferiority
- Creates narcissistic tendencies – close minded
- Creates unhealthy self-esteem (too high or low)

Q: Am I learning or emotional when I do this?

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"Step 1: stop comparing yourself to others."



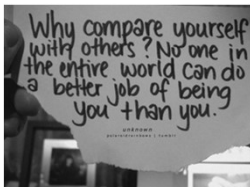
Impact of social media on self esteem:

- Creates need to compete
- Leads to exaggerating
- Leads to hiding out
- Leads to negative self-image
- Creates unhealthy self-esteem (too high or low)

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"Step 1: stop comparing yourself to others."



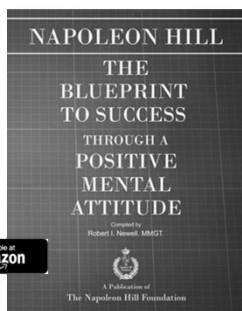
How to Stop:

- Embrace your uniqueness
- Value the differences in others
- Live with an open mind and open heart
- Embark on a journey of self-discovery and self-improvement
- Create a life plan focused on what you desire, not others

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Consider The Blueprint Home Study



Thank You For Completing Step 1.

Contact Coach Rob
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"Step 1: stop comparing yourself to others." - Exercise 1



Below answer these Q's:

- Do you compare yourself to others?
- Who do you compare yourself to? Why?
- Would you consider yourself judgmental?
- Do you have a mentor or counselor?
- Are you committed to self-discovery and self-improvement?

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