

E-magazine: Esteem Yourself E-magazine

Title: Attributes of You

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Need advice about self-esteem, self-worth, or confidence? I'm here to help. If you have a question, send it to info@esteemyourself.com. I'd love to hear what's on your mind.

Have you ever found yourself admiring others? Most likely you are admiring attributes and qualities that you would like to have yourself. Usually, you have not found the right strategies to assist you in implementing these attributes. However, whatever it is that you admire finding away to implement them and making them yours is very simple. Start today to live the attributes you admire by evaluating yourself, understanding why you desire certain attributes and learn how to implement strategies to assist you.

Write your attributes.

What are attributes and qualities that you possess?

Consult with a trustworthy close friends and family. They will be able to tell you some of your qualities. You can also ask for just positives. Many friends when given the chance to share will not always be so positive. Make it clear to your friend that you want your positive attributes and qualities. If you decide you want to hear the things that you are not so good at that can wait for a latter time. However, be ready for whatever they will say. If you are not ready for this phase don't ask. But if you think you can handle it go for it. If you can't wait then be prepared and don't be offended.

Think of situations and experiences in your life where you have displayed certain qualities. There are many stories, events and situations where we may have been brave, strong, confident, honest, or even courageous. Don't be afraid to list them. Boost if you have to to get your list done. Give yourself credit for all your attributes and qualities. It tends to be very difficult for us to give ourselves complements don't be afraid to do so.

Write attributes you want to gain.

It may seem as though it may be difficult to write out what attributes you admire or would like to gain. However, as you begin this process it will only get easier. Think of others that have certain attributes that you admire. Evaluate why you admire their qualities. You may feel a desire to observe them and see why exactly you admire them. Or think of someone that has made an impact on your or has inspired you. What did they do or say that made you feel inspired?

Write how you will build the attributes and qualities you desire.

A crucial step that seems to be ignored often is how you will build the attributes you desire. You have to be able to give yourself steps to building these attributes and qualities.

Write down ways to build your desired attribute will help you reach your goal and also give you the time to implement the attribute in your daily activities.

Dedicate a time frame to each quality. By dedicating a time frame you will be able to keep better track of your success.

Evaluate your progress. Continue to evaluate yourself and update your progress in order to properly gauge your improvement and be amazed as to how far you have come.

Two Examples:

Quality I Admire: Courageous

Observation: Sally is so courageous and is very confident in herself. I like that quality and I want to feel confident in myself.

Ways to build: I will enroll in a public speaking class.

Time Limit: 2 months

Update: Gave a speech for my public speaking class graduation.

Quality I Admire: Dependability

Observation: My best friend Kim is so dependable. She is committed to doing whatever she says she will do. I want to be dependable.

Ways to build: I will be at least 20 minutes early prior to my engagements.

Ways to build: I will complete every task on time.

Time Limit: 1 month

Update: Followed my 20 minutes rule & will continue to follow it. Have noticed that I stress less. I accomplish so much by being early. Assisted Kim in finishing her latest sawing project!

You can repeat these step for all attributes you desire or you would like to improve on. You can also continue to improve on the same qualities gain and again. Remember to stick to your time frame and to press forward updating your progress. Move on to the most important step. Make it apart of your life. Live it!

Tip: If you are unable to accomplish your set goal in building your desired attributes by your desired time frame simply set a new time frame. Try to work at a good time frame that works for you but don't give up. If you stick to your set goals they will stick to you.

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