

E-magazine: Esteem Yourself E-magazine

Title: Love Yourself Five Times A Day

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Date: October 2008

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.

With so much to do we tend to lose track of our own needs and wants. Most important of all we forget to give ourselves some good old TLC. Load the love back on by taking five easy steps to loving yourself. These steps are a great way to recharge your battery for a new day, every day.

Personality

What do you find about your personality that makes? Your charm, your enthusiasm, etc. Name a personality trait that you have, that you love and think about how it has brighten your life.

Goals

Name a goal that you have accomplished? Rejoice in your accomplishments. Feel free to brag about them. Yes that means brag, brag and brag some more.

Features

Your eyes sparkle, your nose is cute as a button, your smile lights up the room. Name one of your favorite feature and accent it. For example if your eyes are one of your favorite features make them shine with makeup or simply in indulge in how beautiful it is.

Talents/Skills

Name a talent of yours. Set a date, time and place to build your talent. Enjoy the wonders of also finding new talents.

Family/Friends

Name a family member/friend that has esteemed you. A family member/friend that you feel confident or loved around. Go spend some quality time with that particular person and stay as long as possible. Express your gratitude for them.

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