

E-magazine: Esteem Yourself E-magazine

Title: Loving Yourself Today

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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.

We sometimes depend so much on how others see us or what others say about us in order to determine who we are or interpret the way we feel about ourselves. You will find that deciding to listen to what others are saying in order to define yourself can be exhausting, results in a negative outcome and destructive to yourself esteem and confidence. Loving yourself should solely depend on you rather than on what others may say or think.

Telling people who you are by being just as you are. Loving yourself today starts with you telling the world, "This is me. Take me as I am!".

Appreciate Yourself

Appreciate yourself completely. This includes appreciating your trails and errors. Love yourself just as you are. You have a divine role as a woman. You are a beautiful strong woman. You have been blessed with many talents and gifts. You are a unique individual with so much to give. Love the woman you are today. Be confident in yourself and find ways to express yourself and share you gifts.

Laugh At Yourself

When you think back to something that you did that was embarrassing do you tend to punish yourself? Remember that we all make embarrassing mistakes. We all fall hard at times. It's fine to laugh at yourself, learning is wonderful and embracing your life completely is amazing. Laugh is a great away to let go of issues and problems. It can also be a healing process. Don't take yourself so seriously. Make time to laugh at your struggles and the things that have you have grown from. Enjoy yourself, including the clumsy you.

Comfort Yourself

When your struggling or going through hard times you can learn to encourage yourself of a better tomorrow. Learn to embrace yourself and find power within. Letting other comfort you can work wonders, however, giving yourself a reassurance that it things will work out can really strengthen your esteem and give you power and strength.

Do It Yourself

Don't expect others to do things for you. Be in charge and in control of what happens around you. Take initiative. Take control. Learn to do thing on your own and be empowered buy having the skills to get thing accomplished. Be assertive. Take charge of today and live your better tomorrow.

Back Pat Yourself

When you accomplish or achieve something that you have worked hard for give yourself a big pat on the back. You are a hard worker and you deserve to enjoy success. Go out with a close friend(s) and celebrate your achievements.

Stand for Yourself

When someone is right about something learn to take correction and build yourself. We are all learning each day. Learn to better yourself. However, always stand for your self in dignity. Be firm in who you are and what makes you a strong woman. Don't let others push your around. Stand for what you believe in and what you believe to be right. Don't let anyone else other than yourself determine who you are, who you should be or what you do. You are the only one that can make yourself happy and can keep yourself happy. Be free to choose what you want in your life. No matter what you choose make choices that will lead you to a better future and a better you. Don't settle for less.

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