

## **Who Else Wants To Increase Their Self Esteem And Confidence**

Each and every individual wants to improve his or her self-esteem and confidence. The efforts to improve self-esteem and confidence could be conscious or unconscious. This simply means that some people actively pursue the goal of elevating their self worth while others tend to increase their [self-esteem](#) and confidence without knowing it. It is important though to know what areas in your life you want to improve on precisely.

The problem is not all people know how to improve their self-esteem or their confidence. In fact, it is easier for most people to damage their self-esteem and [confidence](#) than to build it. Unconsciously, we tend to decrease the image of ourselves through negative thinking. There is nothing like a negative thought to help diminish or even destroy our self-image.

Here are four tips on how you can improve your self-esteem and confidence right now:

### **1) Make a list of all your accomplishments**

One of the best ways to improve your self-esteem and confidence is to take inventory of all your accomplishments. Be honest when you are writing the list. In this way you will have an objective view of your abilities and capacities. Also in this way, you will gain insights on what areas of your life need improvements.

### **2) Make an effort to improve on the weak areas**

After making your list of all your accomplishments and uncovering those areas that need improvement, the next thing you must do is to strive to improve on those not so strong areas. Resolutions are not only applicable during the start of the year. You can make a resolution anytime of the year.

One of the greatest concerns of individuals who have already made resolutions is how to stick to the resolutions. As you probably already know, most New Year resolutions are broken by March, sometimes even earlier.

To stick to resolutions, you must strive to change just one or a few things at a time. Promising to change many things at once is like setting yourself up for failure. Start small and with just a few tasks and you'll be amazed to discover that your life is in the process of changing.

### **3) Set clear goals**

For you to reach a certain goal, you must first be able to formulate it clearly. If you want to lose weigh for example, do not just say that you want to have a flat stomach or a small waist. Say instead, that you want to achieve a 28 inch waist or I want to lose 10 pounds. **Be as specific as possible.**

The advantage of having clear and defined goals is that it will be easier for you to track your progress. It will also be easier for you to create the best strategies to reach the goal faster. When you have clear and concise goals, you will be amazed at how things seem to fall in the right place. Every circumstance, every person that you will meet will help you in achieving your goal.

### **4) Play a game**

Some games have the ability to increase self-esteem and confidence. Games can be especially effective with children too. This is because games are effective in building [self-esteem](#) and [confidence](#) since through games children and adults can gauge their abilities and skills. Games can also improve the skills that all individuals may already have.

**Most importantly; Remember that life is a journey, enjoy the ride :)**

Thomas C. Sherwood; CMH

**Certified Master Hypnotist**

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