

A top-down view of a desk with a pink background. On the left, there are two notebooks, one pink and one yellow, with a pair of black-rimmed glasses resting on them. On the right, a silver laptop is open, showing its keyboard. A black camera is positioned at the top right. In the bottom right corner, there is a bouquet of orange carnations and baby's breath. In the bottom left, a black smartphone is inside a pink pouch with a flamingo pattern.

**BUILD YOUR**

**SELF-ESTEEM**

**MINI GUIDE**

# COPYRIGHT, YEAH

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# HELLO, AMAZING ONE!

## WELCOME TO THE BUILD YOUR SELF-ESTEEM GUIDE!

I know how it feels like to struggle with your self-esteem. That inner critic that just won't shut up - we berate, criticise and are so hard on ourselves; all the darn time.

It doesn't help that there are tons of people telling us that we aren't good enough - our parents, our peers, the media, beauty magazines, the list goes on and on. We seem to be chasing this perfection - someone else's definition of perfection at the cost of our own self-confidence and love for ourselves. When was the last time you praised yourself, rewarded yourself or showed yourself appreciation for the things that you've done?

It's time we took back our power and start loving ourselves and making ourselves feel good.

You are capable. You are enough. And you are amazing just the way you are.

In this guide are 5 tips for how you can start doing that today. I hope you find them useful and that they will inspire you to love yourself more!





# 1. YOUR SELF-TALK

*How do you speak to yourself?*

Have you ever examined the tone in which you speak to yourself daily? If you are like most people, then chances are you are pretty harsh, critical and constantly reprimanding yourself. When was the last time you spoke gently and positively to yourself?

Our thoughts shape our thinking and over time, our behaviour. When we repeatedly put ourselves down - several times a day, what will that do to your self-esteem?

Critical, negative thoughts are a product of all the not-so-nice stuff we've been told over our entire lives. And we have totally bought into them.

But today is the turning point. It's time you stopped believing the negative chatter in your head and start replacing them with gentle, positive and kind words.

Now, because we have been so used to this negative stream our entire lives, it can be hard to push them out. And you shouldn't. Anytime they enter your heads, don't fight them. Let them be. Accept them. Thank them. And replace them with positive affirmations. Over time, you will feel some shifts in the way you feel and the way you talk to yourself. You've got this!



## Your Self-Talk (Cont)

### *Reflection Time*

- Write down some of the negative opinions you think others have of you, and that you have of yourself.
- For each of these negative opinions, write down an affirmation to turn it into a positive statement.
- Make a list of all the reasons why you love yourself. Make another list of why people love to spend time with you.
- Post these loving lists where you can see them every day.

A large, empty rectangular area with a light grey background, intended for the user to write their reflections and affirmations.

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## 2. PERFECTION DOESN'T EXIST

### *Perfection is a Myth.*

It's an ideal image of what you should be/can do, and usually doesn't represent reality. We have to be realistic about what we can or cannot do; our strengths and weaknesses.

If you constantly feel like you are falling short of whatever bar you set yourself, it can really eat at your resilience and self-esteem and make it hard to cope with life's challenges. Whilst it's great to set the bar high, it can be very detrimental on our self-esteem if we are constantly setting ourselves up to fail.

Perfection can also lead to a fear of trying and failing, procrastination and avoidance. Because you constantly think that should you try anything, and not achieve what you wanted, then you are a failure. So you won't bother trying at all. But remember - mistakes and failures are all a normal, acceptable part of life. It's not a weakness, but simply a part of growing, learning and developing.

They serve a purpose and are here to help you learn new skills and understand yourself better. Embrace them! And embrace yourself! Perfection is an illusion, don't keep competing with that illusion. Give yourself a break and know that you are fine where you are. And always will be!

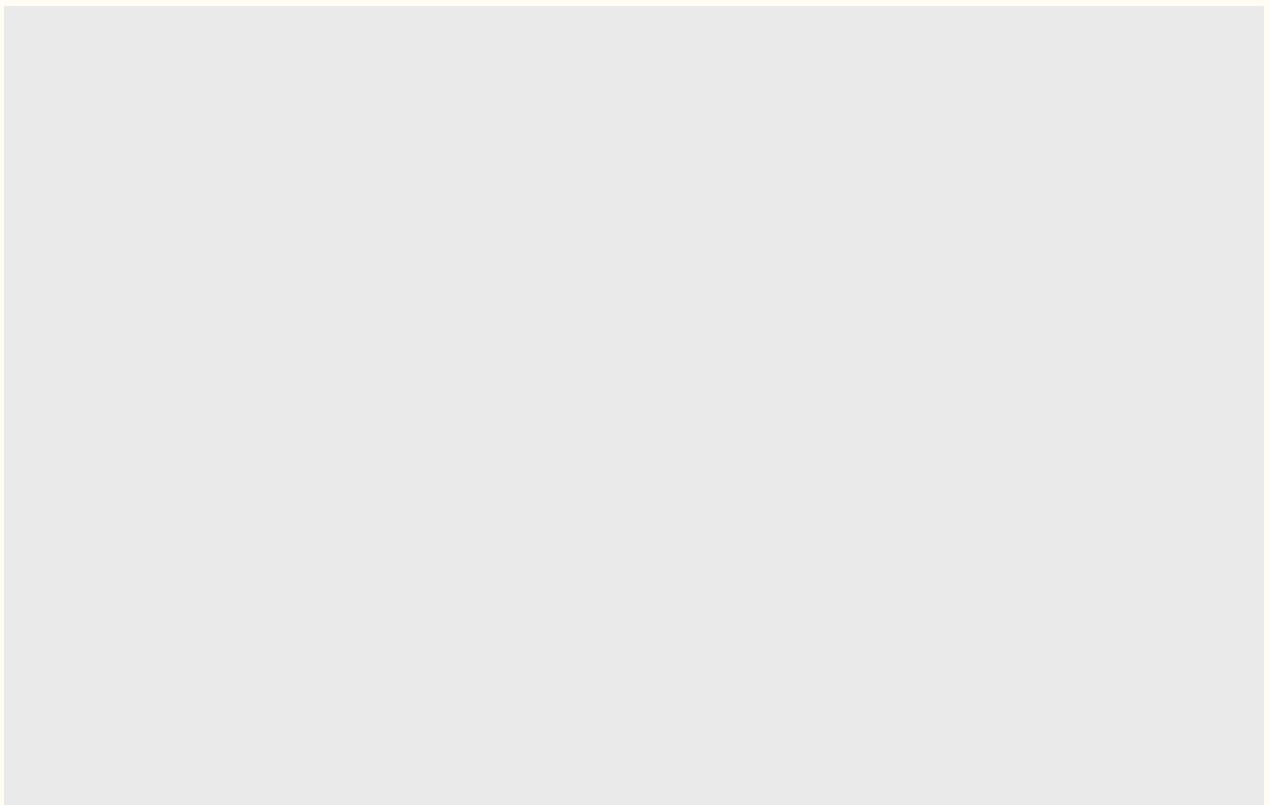
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## Perfection doesn't exist (Cont)

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### Reflection Time

- Think back to an event where you felt you made a “big mistake” or you “failed”. Did you *really* fail or was it simply your perspective?
- Was the situation as bad as your mind made it out to be?
- If something like this happened again, what do you think is the worst that could happen? Do you now have the tools to overcome it?
- Do you think any of these stuff matters 5 years down the road?





### 3. LEAVE YOUR COMFORT ZONE

*Because discomfort can build self-esteem.*

It can be very difficult to leave your comfort zone and try new things when you are struggling with self-esteem.

If you are putting work and responsibilities off, not socializing, not putting in your 100% in whatever you do, finding excuses for anything, then it's time to examine why you are doing so.

This is a rather vicious cycle, when you are low on self-esteem, you want to stay stuck in your comfort zone. You hide away, you don't try, you half-ass stuff and you settle for less. You might feel safe this way but is this what you really want? Are you reaching your full potential this way? Are you fulfilling your dreams? Are you living the life you truly want to lead, deep down?

The sense of safety keeps you from stepping out and really trying/living life to the fullest. Yes, it can be uncomfortable at first - to go out and try something new and to switch up your routine. But if you are patient and gentle with yourself, take baby steps, you will eventually see a breakthrough.



## *Leave your comfort zone (Cont)*

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### *Reflection Time*

- What is one area in life in which you feel you have been dwelling too long in your comfort zone?
  
- What is one small step you can take this week to step out of that comfort zone?
  
- What are other steps you can take in coming weeks to firmly walk out of your comfort zone?



## 4. APPRECIATE & LOVE YOU!

*Love the good things about yourself*

An important part of building confidence is taking pride and pleasure in your achievements. Give yourself credit for the amazing things you've achieved!

We usually spend so much time criticising ourselves and focusing on what went wrong, and aren't attentive to what we are actually fantastic at. And if you look closely, there are probably loads of stuff!

Another thing we are so used to ignoring is all our lovely, positive qualities! Acknowledging your positive qualities is a great way to start building self-esteem. This way you are aware of your strengths and how you can inspire others around you.





## *Appreciate & love you! (Cont)*

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### *Reflection Time*

- Take some time to think back on your various life achievements. If you can't recall, try thinking about your past year's achievements.
- List all your positive qualities! Things which you know u are good in/have received compliments on. Don't self censor!

A large, empty grey rectangular area intended for the user to write their reflections and list their positive qualities.



## 5. ACCEPT COMPLIMENTS WITH GRACE

*You are worth it!*

To start building your self-esteem and self-confidence, start by giving and receiving compliments with grace! It's all too common to play down someone's compliments or flat out deny it. You might easily dismiss them as being polite, friendly or even fake.

Both giving and receiving compliments is a bit of an art. But you can start small. Whenever you receive one, simply say thank you!

Compliments have a very positive knock-on effect on your mental and emotional well-being. Someone is noticing and taking the time to appreciate the wonderful qualities about you, so it's time you start noticing them too!



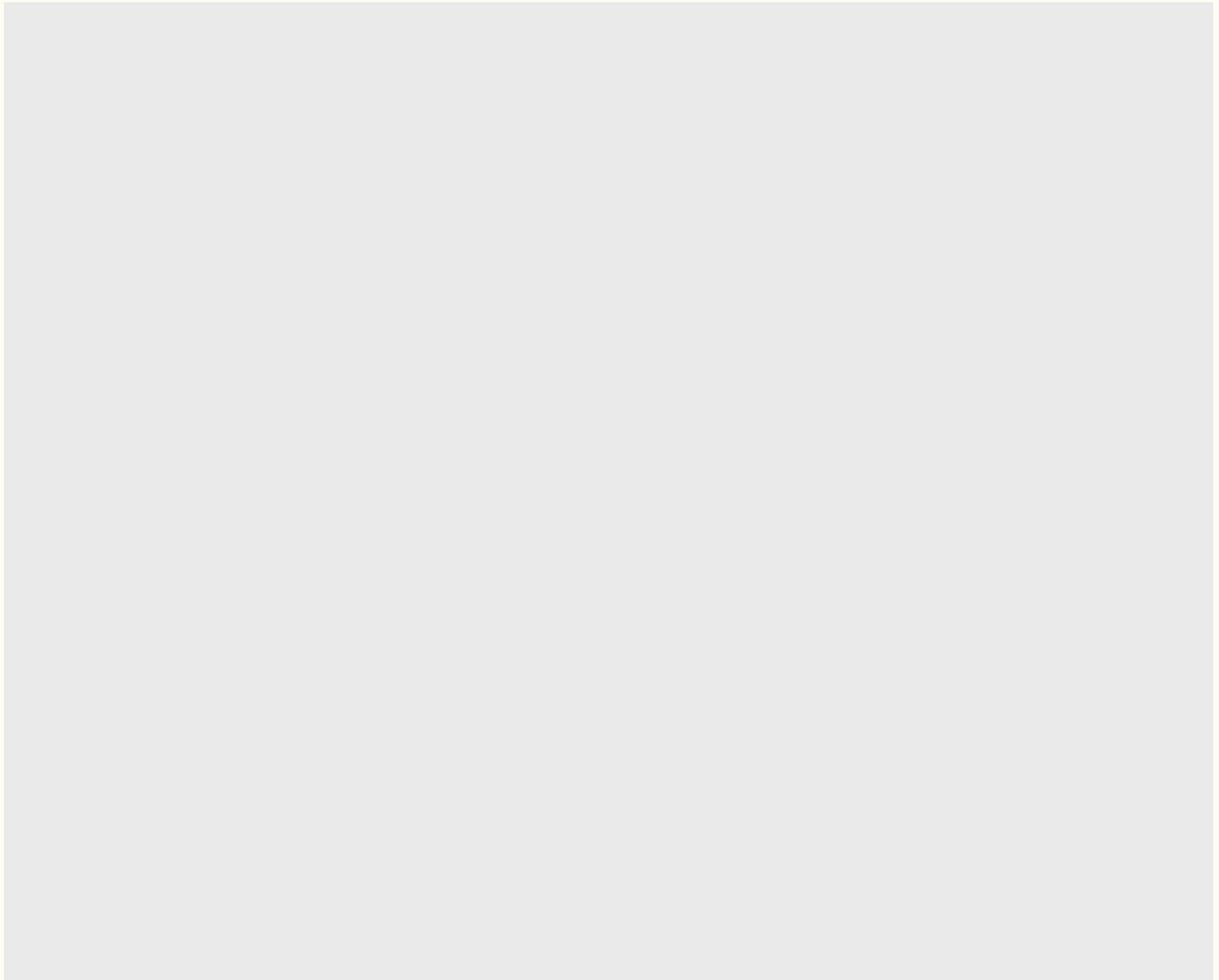


## Accept compliments with grace (Cont)

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### *Reflection Time*

- Start small. Be aware of the things that people say or do that make you feel warm and fuzzy inside. It could be as small as holding the door open for you. Express your thanks whenever you can. Gratitude is always a great start.
- Next time someone pays you a compliment, practice saying thank you! Instead of racking your brains to play it down. Bonus points if you reciprocate the compliment!



# AWWW YES!

YOU MADE IT TO THE END OF THIS QUICK,  
ACTIONABLE GUIDE! I TRULY HOPE YOU'VE  
ENJOYED IT AND THAT IT WILL HELP YOU IN  
YOUR JOURNEY OF SELF-LOVE AND IN BUILDING  
YOUR SELF-ESTEEM.

## Two quick favours to ask of you:

1. I'm creating more wonderful products just for you! And I'd like to know what areas in life you need help with. Kindly click on **this link** for a short 2 min survey!
2. If you are on **Instagram, Pinterest, YouTube or Email**, do click on the icons below to connect with me!

