**Three Simple Things to do to Establish Your Self-Esteem**

People who have high self-esteem are natural positive thinkers. And having a positive outlook means having high self-esteem. It follows that if you use positive thinking techniques to enhance your core beliefs, your self-esteem will soar. Here are 3 simple ways to set your self-esteem right:

1. **RETHINKING THE MESSAGES**

The more positive the judgement others make about you, the better you feel about yourself; the more negative their judgements, the worse you feel. The most crucial step in feeling good about yourself is realising that no one can make you feel bad unless you let them. So distance yourself from those who do make it a duty to bring you down in judgement. Instead, take on board other people’s gratitude and praise.

1. **SETTING YOUR OWN TARGETS**

If you largely succeed in what you expect of yourself, your self-esteem will be solid. So aim only as high as you can realistically reach per time, rather than thinking you ought to be perfect. In the same way, do not aim so low that you under-achieve. When you do succeed, congratulate yourself. Avoid comparing yourself against others; everyone has their own strengths and weaknesses. Set your own expectations and judge your achievement by your improvement.

1. **BEING KIND TO YOURSELF**

If you were supporting someone who had low self-esteem, you would not criticise them and put them down. Yet you may give yourself a hard time in just that way. Be fair to yourself, and offer yourself the same kindness as you would instinctively offer a friend. Moment to moment, during the day, point out what you are doing right. Yes, be realistic about your limitations, but forgive yourself for any failures. Encourage yourself to learn lessons from your own mistakes.

You matter the most to yourself. If at all you want to entertain other people’s judgement, ensure you have first taken the time to give yourself some praise for how far you have come.