

BUILD YOUR
SELF-ESTEEM
8 GOLDEN RULES

By Glenn Harrold

Golden Rule 1

Eliminate Negative Self-talk

The first rule of learning to love and respect yourself is to completely banish negative self-talk from your vocabulary. If you are forever berating yourself for being stupid or foolish, this will become self-fulfilling.

Self-criticism is very destructive and you must never again speak negatively to yourself or about yourself, as all you are doing is programming yourself to feel bad.



Golden Rule 2

Focus On Your Successes

Build your self-esteem by focusing more on your successes. Many people with low self-esteem overlook their achievements. Being a good parent to your children is a huge success in life and very underrated.



If you have ever won or achieved anything, however small, give yourself the credit you deserve.

Celebrate every little success you have in life as this way you are programming your mind to feel good about yourself.

Golden Rule 3

Take On A New Challenge

Step out of your comfort zone by taking on new challenges. Maybe join a new club, or do a sponsored run, swim or trek of some kind. If you feel really bold why not do a parachute jump, a fire-walk, an abseil, a marathon run or a mountain climb?



New challenges will give you a sense of achievement and inspire you to achieve so much more. It will also build your self-belief. Maybe combine a challenge with raising money for charity, as this will give you added motivation to succeed.



Golden Rule 4

Visualise The Challenge

When you take on a new challenge visualise it beforehand in a one hundred percent positive light. Close your eyes and relax your mind and body through deep breathing. Then imagine a video of the whole event running from start to finish and see it being a very positive experience.



Make this video big and bright and very clear in your mind. If it seems scary, just breathe away any fear or trepidation.

Visualise it every day in the run up to the event and you will feel fantastic when you do it for real.



Golden Rule 5

Spread Lots of Love and Kindness

Develop the habit of being kind, loving, compassionate and generous as when you do this it will come back to you ten fold. When you are out and about get into the habit of projecting positive feelings to everyone you meet without prejudice, this will open your heart and you will change the way you feel towards people.



You will become naturally more compassionate and, importantly, you will also be attracting more love back into your life.

The *universal law of attraction* states: “What you give out will come back to you”. This is a great technique for helping you to feel good inside and generally improve your relationships with people.



Golden Rule 6

Be Kind and Generous With Your Words

When communicating with others, make a habit of being generous with your words. Words are free and it will cost you nothing to give compliments or praise. Many people feel insecure and, when you give others a simple compliment, it can make a big difference to how they feel.

It will also help you to feel big-hearted and good about yourself. It is good to express yourself in a positive way by saying something nice to others in the form of compliments or praise.



Golden Rule 7

Laugh and Have Fun

Laughter is a wonderful way to communicate. Laughing and joking with people is a great way to build rapport. People like to be around others who are fun and make them laugh.



If there is not enough fun and laughter in your life then work on this consciously.

Life can be too serious with all the doom and gloom in the world and the many responsibilities we have to face. Develop the art of being light-hearted and having fun.



Golden Rule 8

Love & Respect Yourself

Learn to love yourself completely, faults as well. Not in a vain or egotistical way. When you truly love and respect yourself, you open yourself up to be loved and respected by others.



When you love yourself in a non-egotistical way, it will shine through and make you more attractive. People are drawn to others who have an inner calmness and serenity about them. If you weren't taught to love and respect yourself then keep working on it as you can change things through repetition and habit.

Follow these golden rules and listen to the recordings regularly and your self-esteem will grow stronger all the time.

Very best wishes,

Glenn Harrold

Useful Resources

Hypnosis FAQs:

www.hypnosisaudio.com/faqs

Glenn's personal website:

www.glennharrold.com

Facebook:

www.facebook.com/glennharrold.fanpage

Twitter:

www.twitter.com/glennharrold

Instagram:

www.instagram.com/glenn_harrold

YouTube

www.youtube.com/user/doctorofthemind

Diviniti Publishing Ltd
Unit 1 Bourne Enterprise Centre,
Wrotham Road,
Borough Green,
Kent,
TN15 8DG
United Kingdom

Tel: 0044 (0)1732 882057

Fax: 0044 (0)1732 883532

Copyright © Diviniti Publishing Ltd 2012

www.hypnosisaudio.com

sales@hypnosisaudio.com