

Improving Self-Esteem–Stephen Durkin

TRANSCRIPT

STEPHEN:

Being overweight as a young man was a struggle. I remember shopping in a husky section and overhearing a mother tell her son if he continues to eat junk food that's where he's gonna have to shop. People nit-pick and notice every imperfection, that crippled me. I knew I needed to make a change, but I didn't know exactly how to make that change. I started to focus on anything positive that I could. I started to eat healthier. That led to exercise. I had more energy. I was more productive. I started to influence the thinking of other people. Building self esteem is a job you're gonna have to show up for everyday. Its not something that's gonna happen overnight. Once you start that, you're gonna notice there's a completely different person underneath the distorted image that you have of yourself. You can be a confident, positive, productive person. My name is Stephen Durkin, I am happy with who I am.