

## The Three Killers of Self-Esteem

Your topic for discussion is the video on 'The Three Killers of Self-Esteem.' Since we can't change the past, I encourage you not to give up any of your precious time by reliving how these three killers have affected you. Instead, I'd like you to look forward into your future and your success. Now that you know about these three killers, how are you going to pro-actively make sure you're prepared to combat them? How will you protect and grow your self-esteem with this new information? How can you change your life story for the better in relation to each one of these killers? Write down at least one action strategy that you will use for each one listed below. Then bring a printed copy or a digital copy o class for a group exercise.

### Killer #1: Fear, Guilt & Worry – A Perception Problem

I will continue to look into the future and remember my hard work and dedication now will be what creates my bright future.

I'm going to accept criticism and ask for help consistently to show transparency and learn new technologies.

### Killer #2: Being Disconnected From Your Authentic Self

I will try to be as transparent with everyone around me about my feelings, ideas and beliefs. I won't conform or change myself to try and fit in with others on a personal basis.

### Killer #3: Lacking the Power of Love

Each day I will learn to better love and trust my new set of skills and personality, so I may feel confident going into any personal and professional relationship. This type of self-love and self-worth will incorporate a healthier life style for myself.