

The Thoughts of Self-Esteem

1. I think well of myself. This is good.
2. I accept myself because I realize that I am more than my foibles, mistakes, or any other externals.
3. Criticism is an external. I examine it for ways to improve, without concluding that the criticism makes me less worthwhile as a person.
4. I can criticize my own behavior without questioning my worth as a human being.
5. I notice and enjoy each sign of achievement or progress, no matter how insignificant it may seem to myself or others.
6. I enjoy the achievements and progress that others make, without concluding they are more valuable than I am as a person.
7. I am generally capable of living well, and of applying the time, effort, patience, training, and assistance needed to do so.
8. I expect others to like and respect me. If they don't, that's okay.
9. I can usually earn people's trust and affection through sincere and respectful treatment. If not, that's okay.
10. I generally show sound judgment in relationships and work.
11. I can influence others by my well-reasoned viewpoints, which I can present and defend effectively.
12. I like to help others enjoy themselves.
13. I enjoy new challenges and don't get upset when things don't go well right off the bat.
14. The work I do is generally good quality, and I expect to do many worthwhile things in the future.
15. I am aware of my strengths and respect them.
16. I can laugh at some of the ridiculous things I do sometimes.
17. I can make a difference in people's lives by what I contribute.
18. I enjoy making others feel happier and glad for time we shared.
19. I consider myself a worthwhile person.
20. I like being a one-of-a-kind portrait. I'm glad to be unique.
22. I like myself without comparison to others.
23. I feel stable and secure inside because I rightly regard my core worth.