



INCREASE YOUR SELF-ESTEEM

IDENTIFY WHAT'S HOLDING YOU BACK
AND START TO CHALLENGE YOUR
NEGATIVE SELF-PERCEPTION.

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A note from your coach...

It can be liberating to challenge how we view what we perceive we are 'unable' to do (new job, relationships, social environment etc.) by actually allowing ourselves to say "STOP, I am equal, I am not my circumstances." Often the filter system within us will identify all the negative traits, failings and perceived limitations of our being without acknowledging the positive attributes. These positives often far outweigh the negatives, our internal mechanisms just haven't allowed us to accept them.

It is important to recognise when irrational negative self-speak is exactly that – irrational. What would you say to someone you know if they spoke to you about all their negative thoughts, their held belief that they have no self-worth and they are simply "not good enough"? The overwhelming response would invariably be one of a more balanced opinion that identified the numerous positives, the achievements and successes in their life. The issue is, we are able to provide a more balanced, accurate opinion of others but often not ourselves. Here are some approaches to improving self-esteem:

- Attempt to identify origins of low self-esteem and areas that need working on e.g. social situations, job etc.
- Challenge your inner critic. Ask yourself, "Am I being irrational about my perceptions of myself? What would my friends, family and colleagues say about me?" Don't accept automatic negative thoughts.
- Positive self-talk. Write down EVERY DAY something you have achieved, whether that be in your life generally, or each new day.
- Allow yourself to accept compliments. As well as hearing the compliments, actually digest them and ask yourself, what does this say about you?
- Set yourself achievable goals and challenges, gradually build up to more challenging goals as your confidence improves. You will realise the "can't do" inner critic is actually a false assumption, a misguided opinion and ultimately wrong.
- Visualise yourself in a situation such as an aspirational job and allow yourself to accept you can get there. If you struggle with this, look at what steps you would need to take to achieve that aspiration. This may take time but others have done it and YOU ARE CAPABLE.

For this exercise, take time to work through the following questions:

Identify the reasons you feel the way you do, and how rational these reasons are. Begin to pro-actively seek evidence that support this, if you can't find the evidence, can you hold the belief?

WHY DO I BELIEVE OTHERS ARE BETTER THAN ME?

HOW RATIONAL IS MY PERCEPTION OF MYSELF?

WHERE'S THE EVIDENCE THAT SUGGESTS I AM NOT AS GOOD AS OTHERS?

If you have found evidence to support your belief, now is the time to question that evidence. Also, create balance by identifying evidence against the belief.

HOW ACCURATE IS THIS EVIDENCE? AM I ASSUMING?
IS THIS A FACT OR MY OWN OPINION?

WHERE'S THE EVIDENCE THAT SUGGESTS I AM AS GOOD AS OTHERS?

WHAT HAVE I ACHIEVED THAT I MAY NOT HAVE FULLY ACKNOWLEDGED?

Consider your goals and success in more detail, as well as identifying your support network and what could be achieved with their help.

WHAT DOES SUCCESS MEAN TO ME
COMPARED TO OTHERS?

WITH SUPPORT, GUIDANCE, AND FOCUS, WHAT GOALS AM I REALLY CAPABLE OF ACHIEVING?

WHAT DOES MY VISION OF GOAL ACHIEVEMENT LOOK LIKE?
HOW WILL I FEEL WHEN I HAVE REACHED MY GOAL?



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