Affirmations For Building Self-Esteem

1. I am a valuable and important person, and I'm worthy of the respect of others.
2. I am my own expert, and I allow others the same privilege.
3. I express my ideas easily, and I know others respect my point of view.
4. I am aware of my value system and confident of the decisions I make based on my current awareness.
5. I have a positive expectancy of reaching my goals, and I bounce back quickly from temporary setbacks.
6. I have pride in my past performance and a positive expectancy of the future.
7. I accept compliments easily and share my success with others who have contributed to them.
8. I feel warm and loving toward myself, for I am a unique and precious being, ever doing the best my awareness permits, ever growing in wisdom and love.
9. I am actively in charge of my life and direct it in constructive channels. My primary responsibility is for my own growth and well being (the better I feel about myself, the more willing and able I am to help others.)
10. I am my own authority (and I am not affected by negative opinions or attitudes of others.)
11. It is not what happens to me, but how I handle it, that determines my emotional well being.
12. I'm a success to the degree that I feel warm and loving toward myself.
13. No one in the entire world is more or less worthy, more or less important, than I.
15. I am an action person; I do first things first and one thing at a time.
16. I am warm and friendly toward all I contact; I treat everyone with consideration and respect.
17. I am kind, compassionate and gentle with myself.

Self-esteem: Things to Remember

1. "Our lives are shaped by those who love us and by those who refuse to love us." - John Powell S.J.
2. Emotions - As children, some of us are taught not to be angry, not to cry, not to be afraid. We need to accept the full range of our emotions.
3. Thoughts precede feelings. If I change what I say to myself, my feelings will be more positive.
4. Never try to please someone who can't be pleased.
5. Learn how to ask for what you want.
6. Be able to say "no."
7. What we say to ourselves is what matters. "No matter what you say or do to me, I am still a worthwhile person."
8. We are all imperfect with general limitations and specific fallibilities.
9. "Self-esteem is a sickness if it gives me approval for good acts but condemns me if I fail." - Albert Ellis