

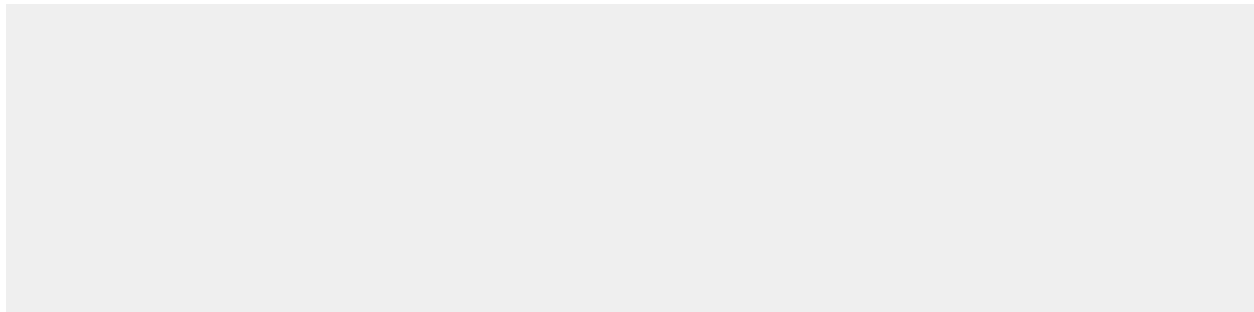
Exercises to Improve Your Self-Esteem

Book 1: **The Six Pillars of Self-Esteem** by Nathaniel Branden

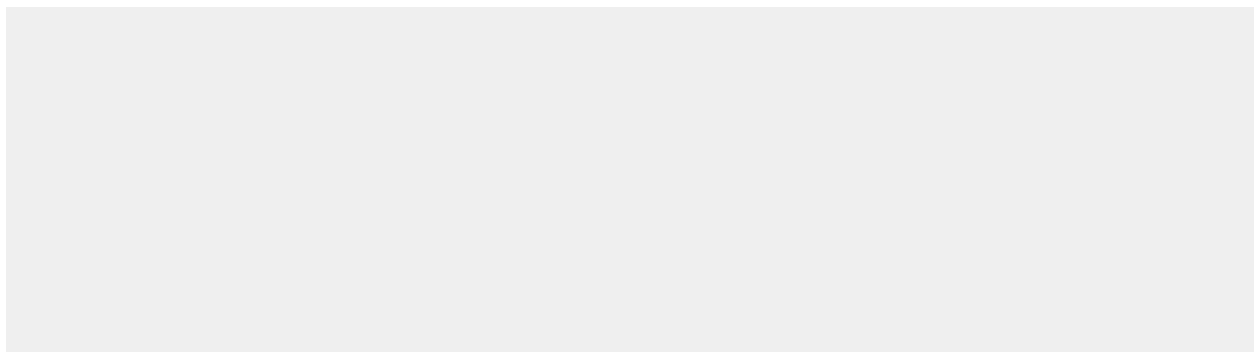
Step 1. Every morning, ask yourself: *“If today I commit to take 5% more responsibility for...”*

1. *Accomplishing my goals*
2. *Becoming a tougher version of myself*
3. **Fill in your chosen objective**

These are the 5 things I will do:



Step 2. In the evening, ask yourself: *“Did I take 5% more responsibility as committed? If not, what do I need to do?”*



Book 2: **Self-Esteem** by Matthew McKay, Patrick Fanning

Step 1. Write a **self-description** based on the following:

- Your strengths
- What you like
- What you don't like about yourself and why
- Include stories from the past on
 - how you employed those strengths to get what you want
 - how you overcame challenges using those strengths.

Step 2: Read the self-assessment to yourself every day. Improve on it by constantly adding details on it.

Another way is to actively integrate those strengths. To do that, pick 3 of your most powerful strengths.

1)

2)

3)

Step 3. Recall the times when you used those strengths. Replay them in your mind and feel them. The more you do this visualization, the more you will become conscious of it and your self-esteem will grow.

Book 3: **Presence** by Amy Cuddy

Step 1. Identify your core values.

Step 2. Write about how you incorporated those values in your life.

Step 3. Write 5 ways you will use your values to accomplish your goals.

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2)

3)

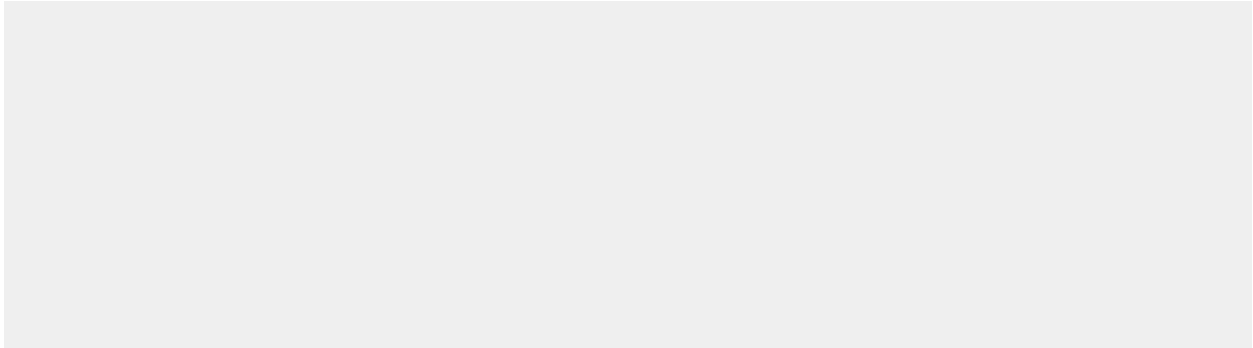
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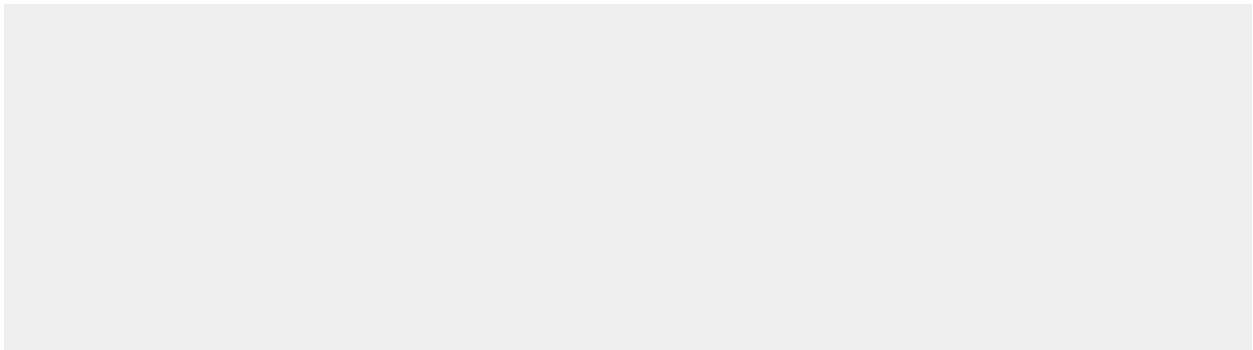
Book 4: **Discourses** (Stoicism) by Epictetus

In every difficult situation, ask yourself the following:

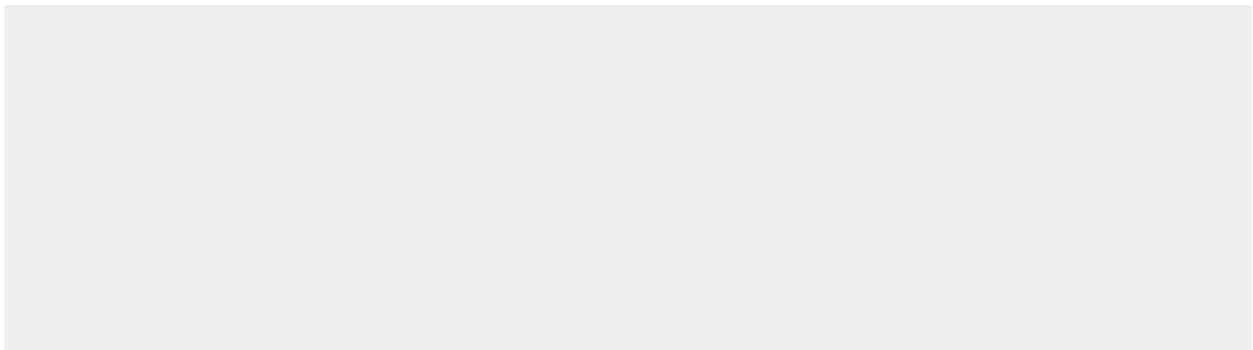
1) *What's outside of my control?*



2) *What's within my control?*



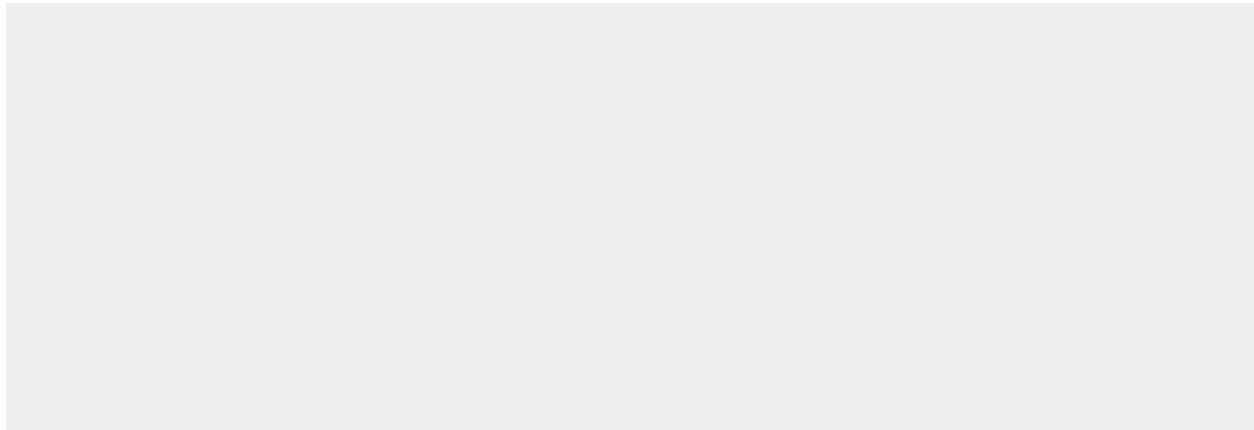
3) *What specific action can I take for what's within my control?*



Book 5: **Emotional Intelligence** by Daniel Goleman

This exercise will give you a sense of victory and will make you feel ready to take on bigger challenges.

Step 1. When you feel unmotivated, lazy, lethargic, sad, or in a funk, assign yourself a small task and write it on paper. (Examples: doing 1 push-up, putting 5 pieces of clothing in the washing machine, etc.)



Step 2. Complete the task and then cross it off that piece of paper. The sense of completion builds momentum. Now, you are ready to do more. The more action you take, the higher your self-esteem grows.

Book 6: **What to Say When You Talk in Your Sleep** by Shad Helmstetter

EXERCISE 1: Affirmations

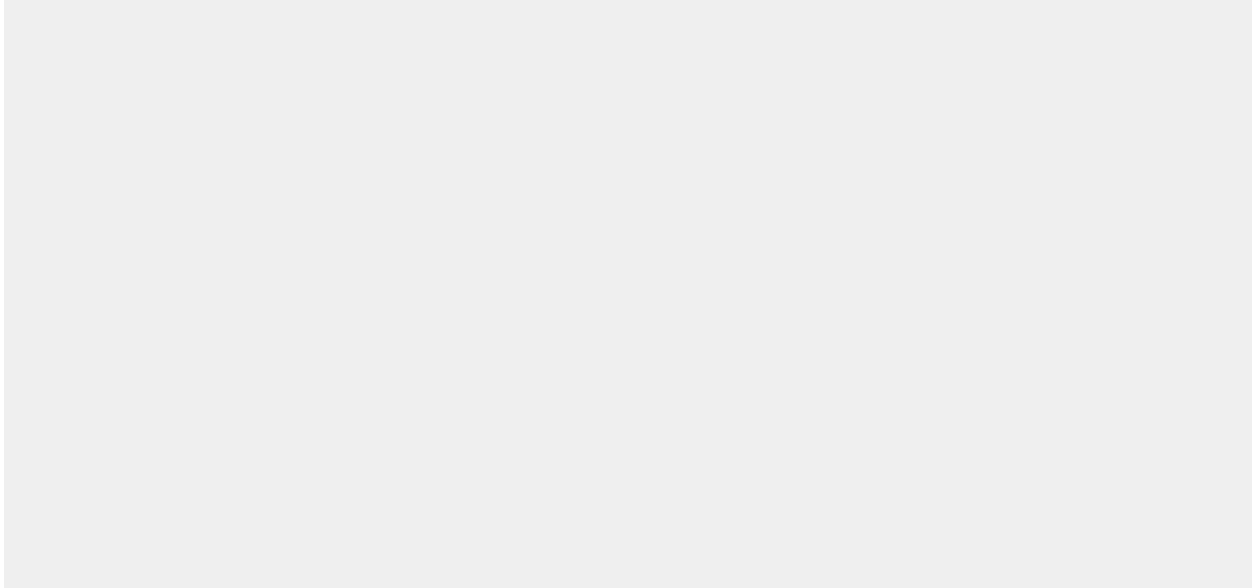
Step 1. Write down affirmations about yourself and the things you want to improve on.

Affirmations about yourself	Things about yourself that you want to improve

Step 2. Repeat the affirmations about yourself. The more you repeat these affirmations, the more you will stop old mental loops from running.

EXERCISE 2: Goals

Write down your big goals. Repeat these goals to yourself over and over again.

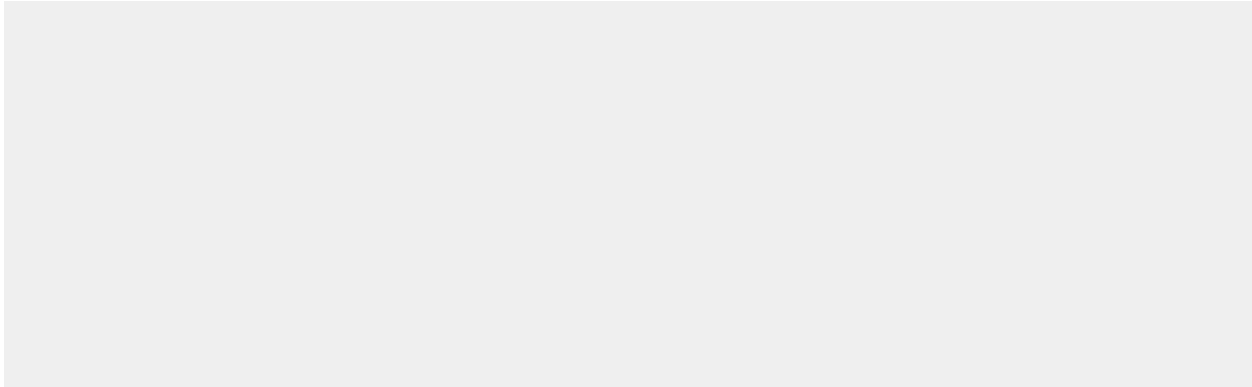


An alternative to doing this is to write down your goal 100 times a day. It can change your mental loops the more often you write it down.

Book 7: **Can't Hurt Me** by David Goggins

Find your power in everything negative in your life.

Step 1. Write down all the negative stuff in your life. Own it.



Step 2. Think of 3 ways in which that negative has made you better, stronger, tougher. As you do this, your self-esteem will grow.

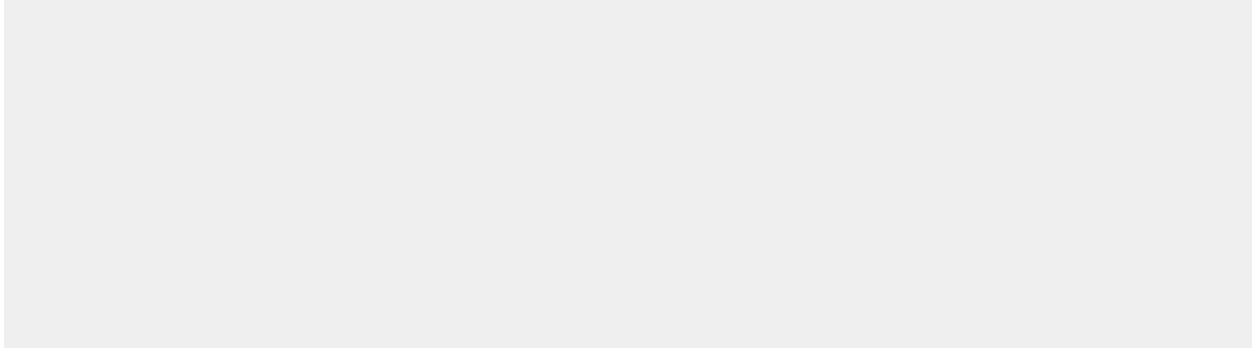
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2)

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Book 8: **As A Man Thinketh** by James Allen

Step 1. Write down your goal.



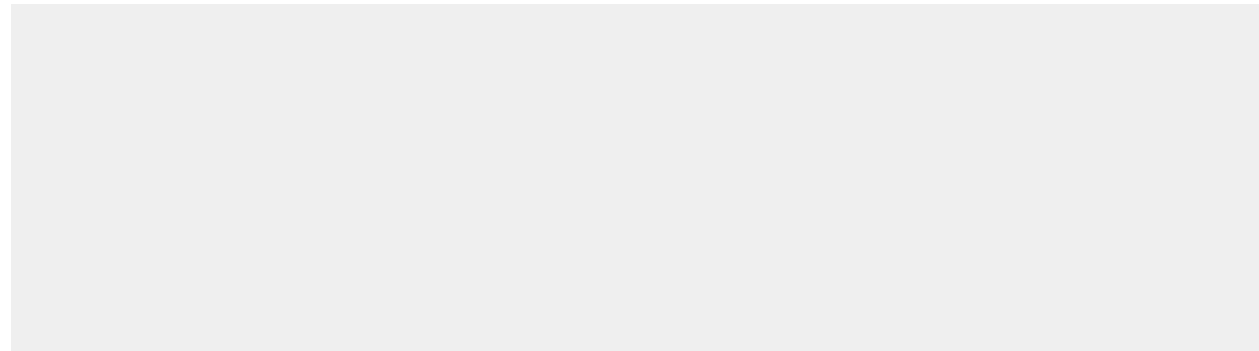
Step 2. Every morning, visualize your goal as vividly as you can. Be definite about it. Do not alter it. You will grow your self-esteem as a result.

Book 9: **Getting Grit** by Caroline Adams Miller

Step 1. Every morning, identify 1 hard thing you will do for the day.

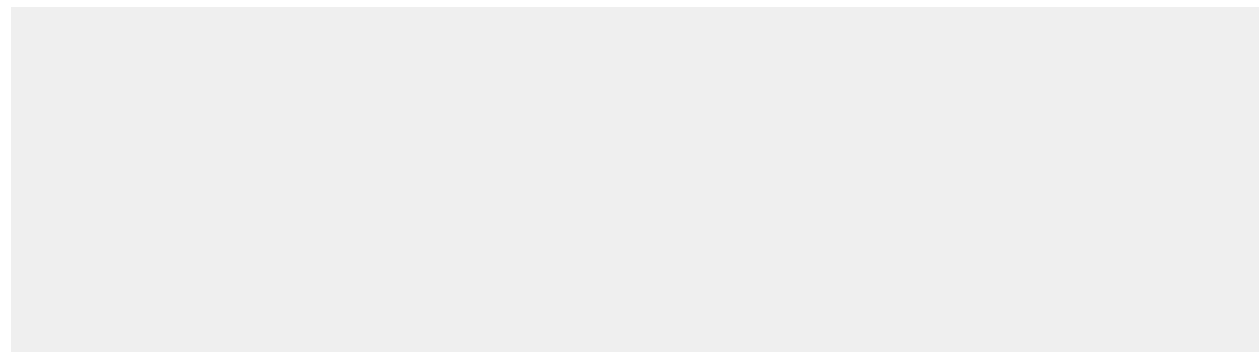
Examples:

- 1.) Running 3 miles in 24 minutes, instead of your usual 26 minutes.
- 2.) Doing 17 pull-ups in 1 go, instead of the usual 15 or 16.
- 3.) Finishing your most important tasks within 2 hours of waking up, instead of doing it later that day.



Step 2. Do that one hard thing.

Step 3. In the evening, ask yourself, “Did I do that one hard thing? If not, what do I need to change tomorrow?”



Book 10: **Awaken the Giant Within** by Tony Robbins

EXERCISE 1: Reconfiguring Identity

What is the new identity you wish to have? Who do you want to be?

What actions do you need to take in order to live true to this identity?

EXERCISE 2: Write down the names of the people you should associate with in order to stay true to your identity. Remember, you are the average of 5 people you associate yourself with.

- 1)
- 2)
- 3)
- 4)
- 5)

EXERCISE 3: ACT as if you are already that person.