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## *Self-Esteem is the Key to Life*

By: Robert Britt

<Http://www.SelfEsteemBuilder.net>

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Building up your self esteem is the first step to getting yourself on track to having a happy successful life. I am not just talking about monetary success, (but that doesn't hurt either.)

Think of a time in your past when you were really happy and analyze why that was. For me it was getting married. Now why was that a happy time for me?

- I was in love.
- I had found a woman who thought I was terrific and wanted to marry me.
- I was surrounded by people who loved me and thought great things of me ... my family and friends.
- My wife's family thought I was fantastic, and they made me very welcome into their family.
- My life was heading in the right direction.

All that added up to self-confidence, positive reinforcement and the right frame of mind. What was the downside? Nothing right then, but all the factors were only going full swing for that one day. Most days it's just me, and, to be honest, just me against the world (with a bad self image) is a tough fight.

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Adjusting that self image, however, makes the fight much much easier. Who should be providing the support you need on a continuous, ongoing basis? **You**. Positive outlook, positive motivation, with no downtalk or self-doubt.

Who has the most impact on your outlook? The answer is simple.

**YOU** do. Think about growing up. When a friend told you that you were beautiful/handsome/smart/funny/whatever...did you really believe them? Deep in your heart?

Maybe, but when you went to school you probably didn't have that same belief deep inside of you. Odds are you thought everyone was noticing the huge zit (that existed mostly *inside* your head) ... and not the person behind it.

The fact that your friend might have said how nice you look didn't impact you nearly as much as that little voice inside your head.

Now think back to a time in your teen years. Maybe it was a date to the prom or a group outing for pizza. If your parents criticized your clothes or hair or whatever, the minute you walked out the door, you probably reverted to the thought "Hey, this outfit makes me look good." ... Or at least "These clothes are cool; I hope someone notices."

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Again, it wasn't what others thought of you nearly as much as what **you** thought of **you**.

Now what does this have to do with what I'm trying to say? It's very simple. You need to realize that YOU are the king or queen of the world! (or at least your corner of the world) There are tools out there to help you and one proven tool, which also happens to be free is my Self-Esteem Builder workbook and audio program. Just click on the link for the pdf and follow through and you will enter a new world.

Rob Britt is married and the father of four young adults. He has a bachelor's degree in applied psychology and is a corporate training manager and entrepreneur. He also is a published author and does improv and theater in his 'spare time.'

<Http://www.SelfEsteemBuilder.net>

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