

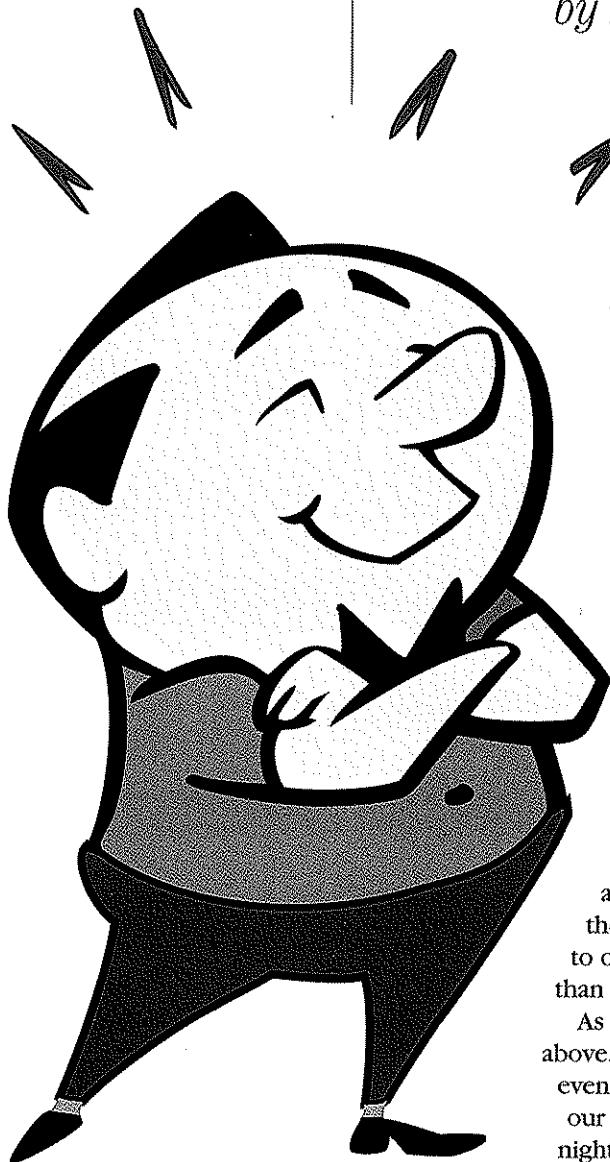
building a

better you

Improve Your Self-Esteem

A person with high self-esteem is characterized by having tolerance and respect for others.

They accept responsibility for their actions, have integrity and take pride in their accomplishments. Likewise, they are self-motivated, willing to take risks and capable of handling criticism.



A positive self-image enables a person to look forward to challenging situations and meeting their goals. In other words, a person with high self-esteem is a person who is in charge of their lives.

Working within this industry often puts us in touch with individuals who possess low self-esteem. A person with low self-esteem typically focuses on trying to prove themselves or impress others. They tend to use others for their own personal gain. Many act with contempt and arrogance. Because they lack confidence in themselves, they are often reluctant to take risks or expose themselves to others. They frequently blame others for their shortcomings rather than take responsibility for their actions.

As managers, our self esteem is often challenged by those described above. Often berated by homeowners, board members and sometimes even our own co-workers, we begin to question the decisions we make, our ability to handle our job and even our own self-worth. Ever spend a night wide awake rethinking situations with... "I shoulda," "I coulda," "I woulda?" These are all seeds of self doubt which can negatively affect our overall self-esteem.

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We work in a conflict ridden industry, but it is our choice to be here. We can choose to be happy with our career choice, or allow others to undermine our feelings of self worth and be miserable. If you are finding that your sense of self-esteem needs a quick boost, here are a few quick ways to increase your confidence level at work:

- *Face your fears* - they aren't as bad as you think they are. Facing your fears increases your confidence.
- *Forget your failures* - learn from them. Avoid making the same mistakes again, but don't limit yourself by assuming you failed before so you can't succeed this time. Don't get trapped in the past!
- *Reward yourself when you succeed* - because no one else will! Isn't everything easier when you take time to help yourself?
- *Don't be defeated* - try something else. You are not going to be defeated by one failed attempt are you? Doesn't everyone fail before they succeed? All you need is a different approach.
- *Talk it out!* - We often make assumptions about a situation or person which are not true. Your attitude and behavior can be negatively affected so if you have any doubt or question, ASK...don't assume.
- *Sooth your inner being* - by encouraging yourself. Surround yourself by things you love. Nice notes that you have been sent or an inspirational calendar. Combat the negativity with words meant to uplift or praise.