



Finding Your Self Esteem In 1 Minute!

By: Laura B., MA EdDc



- Inhale slowly, count to 10
- Exhale slowly, count to 10
- Raise one finger.

- Inhale slowly, count to 10
- Exhale slowly, count to 10
- Raise another finger.

- Inhale slowly, count to 10
- Exhale slowly, count to 10
- Raise a third and final finger...

You accomplished your goal!!!!!!

Do you feel good?

That's self esteem!

I'm here to help you overcome some of your self esteem issues today...

One thing I have found in my research on self esteem is that building self-esteem is very easy.

If you know how.

One of the things that we do when we lose our self esteem is we lose faith in ourselves. Usually this happens after some sort of event in life or change that has to be made.

My goal today is to help you find your self esteem.

It really is as simple as this.

Think about one thing you want to do.

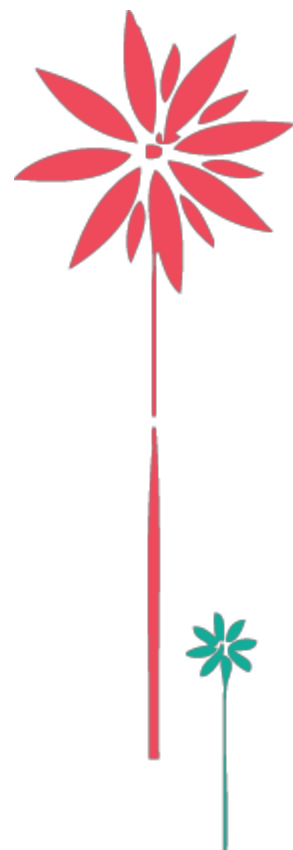
Make sure this thing is tangible.

Make it small.

In order to simplify this in the best way possible, I'm going to use some very simple examples of some very simple goals. Goals that we can achieve just sitting here and reading this page.

Let's say that our goal was to be able to deep breathe for one minute. I'm not even going to talk about meditation, or any type of spiritual stuff here...

We're just looking to deep breathe for one entire minute.





So, we've set our goal...

GOAL: We will deep breathe for one minute.

We will know that we've achieved this goal when we have been able to deep breathe without interruption for one whole minute.

Notice our goal is clearly defined.

The action we will measure is our breath.

We need to breathe deeply for a measurable one minute.

Simple.

So, how are we going to achieve this goal?

By breaking it into steps.

1. We need to define what deep breathing is.

Most people may agree that breathing inwards for 10 seconds and exhaling again for 10 seconds would have the calming effect of deep breathing.

This will define deep breathing for us today.

But how will we measure?

2. One deep breath consists of slowly inhaling for 10 seconds, then exhaling for 10 seconds.

One breath after another will be considered "reps" of 20 seconds each.

We will measure our breathing by reps.

One minute contains 60 seconds.

This means that in order to deep breathe for one minute, we will need to finish 3 reps in order to make a minute.

We can measure this on one hand.

Each time we repeat a rep we will raise one finger.



When we have three fingers raised, we know we are done!

So let's start...

1. Inhale slowly counting to ten.
2. Exhale slowly counting to ten.
3. Raise one finger.
4. Inhale slowly counting to ten.
5. Exhale slowly counting to ten.
6. Raise another finger.
7. Inhale slowly counting to ten.
8. Exhale slowly counting to ten.
9. Raise a third and final finger...
10. You accomplished your goal!!!!!!

Do you feel good about yourself at this moment?

That's self esteem!

That's what we want to grow...

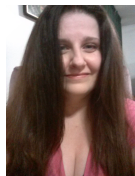
We accomplished our goal today.

Now, let's think of something else you need to do...
:)

Every new exercise you finish will give you a sense of accomplishment.

Start simple...

Accomplishments build on top of each other.



From Your Friend on the Path to Self Meaning,

Laura B.

