



Keys to your unfoldment  
to all that you can be

# Finding your self-esteem

With Sharon McLaughlin



Everyone is the perfect blend or mix of all their life experiences to become all they can be.

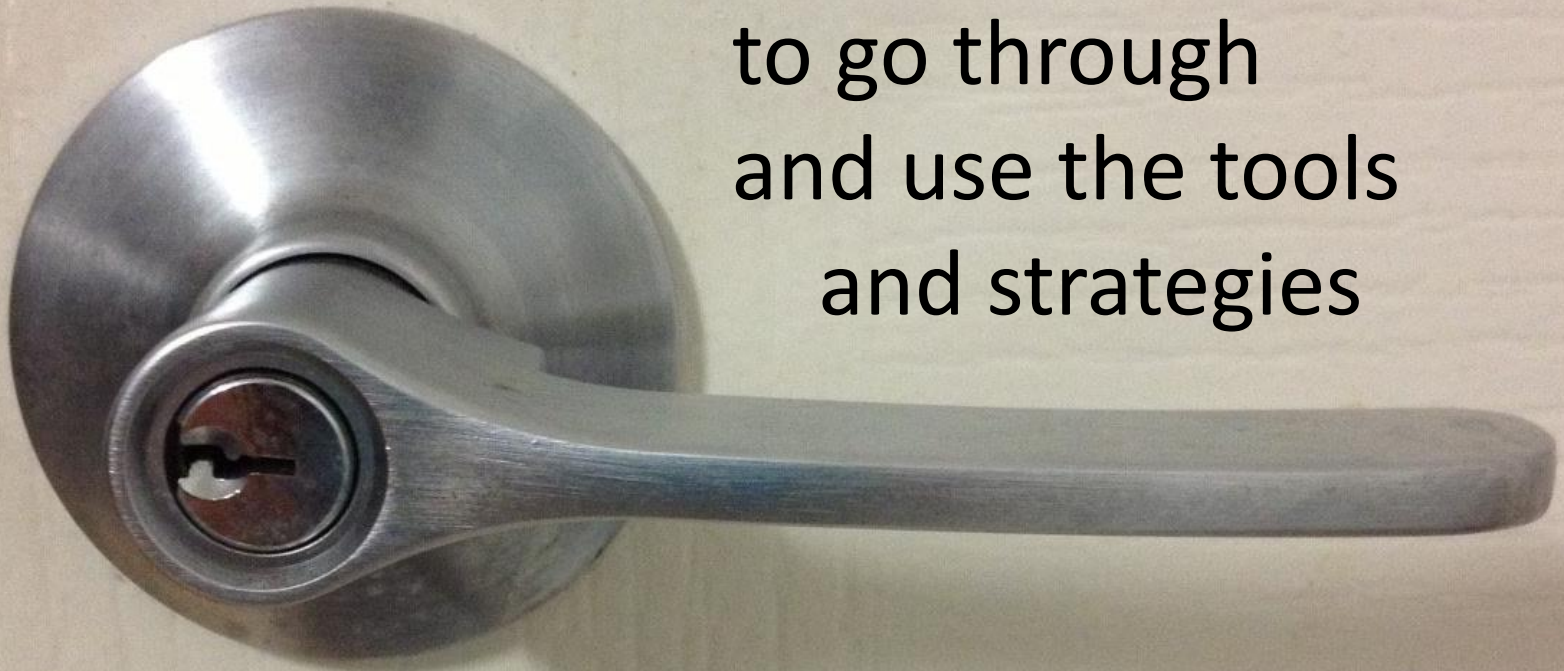
Our self-esteem is molded by the life experiences. Every one has both positive and negative.

In survival mode we make unhealthy rules and assumptions to guard and/or defend our negative core beliefs, which reinforce unhelpful behaviour and emotions. These can lead to low self-esteem

The Good News...  
there are tools and  
strategies to break  
the pattern of low  
self-esteem

Here is the unlocked doorway.

It is your choice  
to go through  
and use the tools  
and strategies





Develop balanced self-evaluations  
– challenge a negative

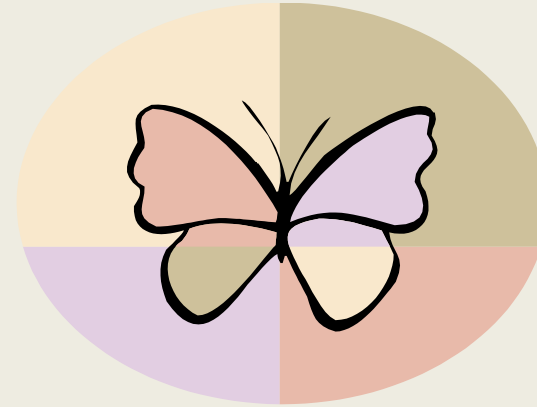




Accept yourself



Be your own best friend –  
have a fun list of activities.

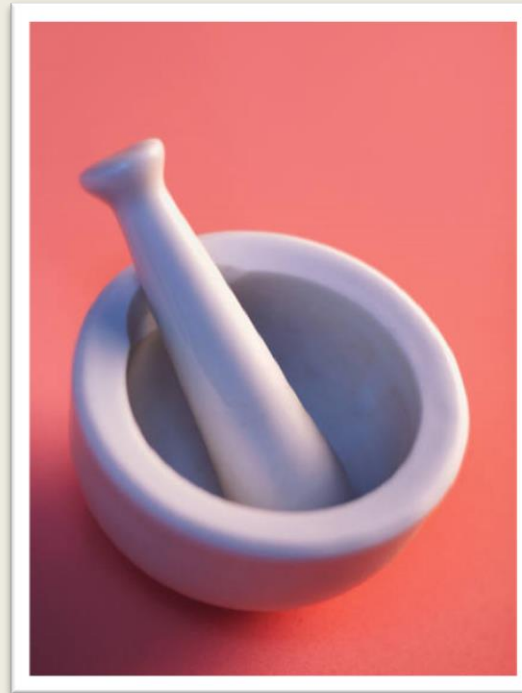


Adjust the unhelpful to helpful – question, identify positive and negatives, develop balance and new ways to behave.

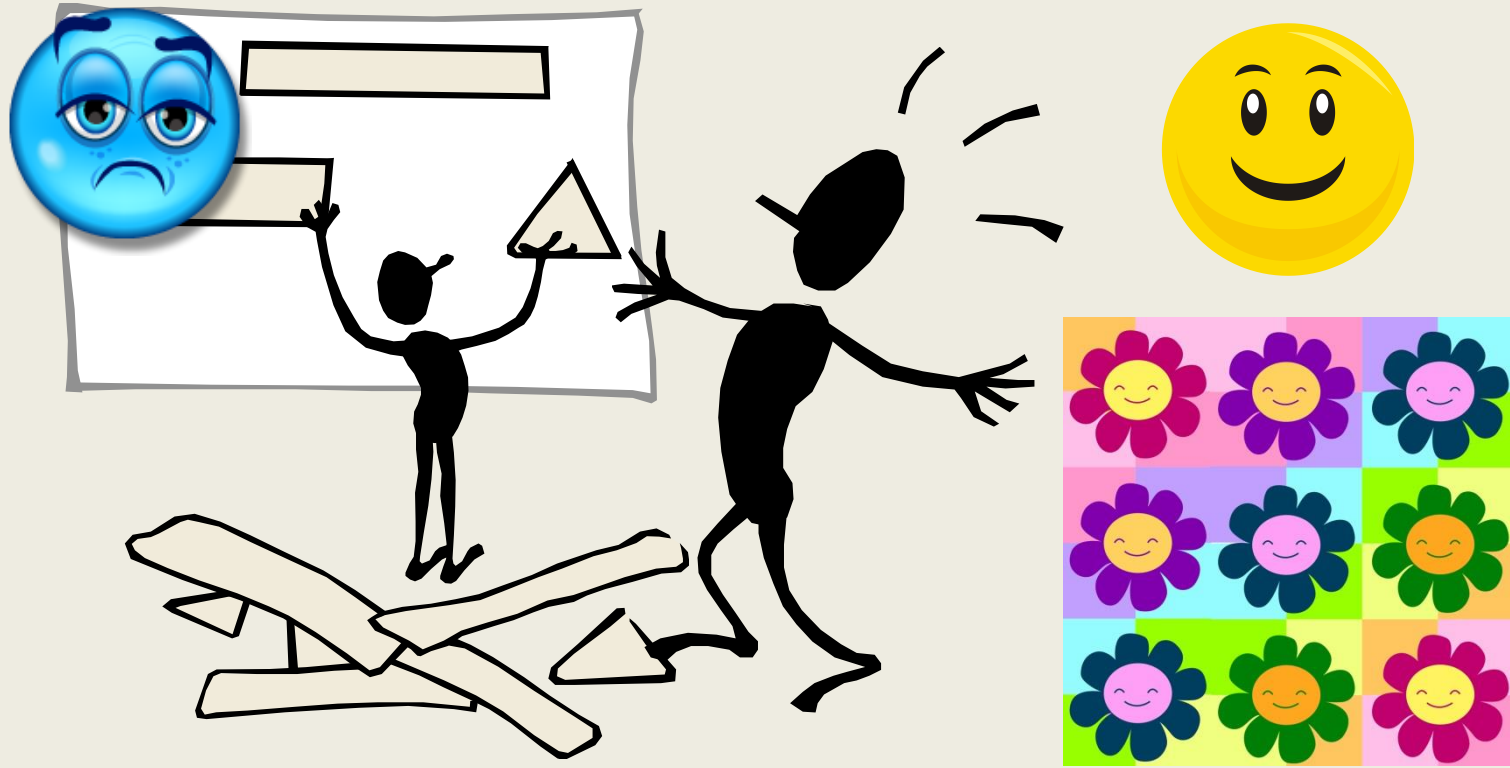




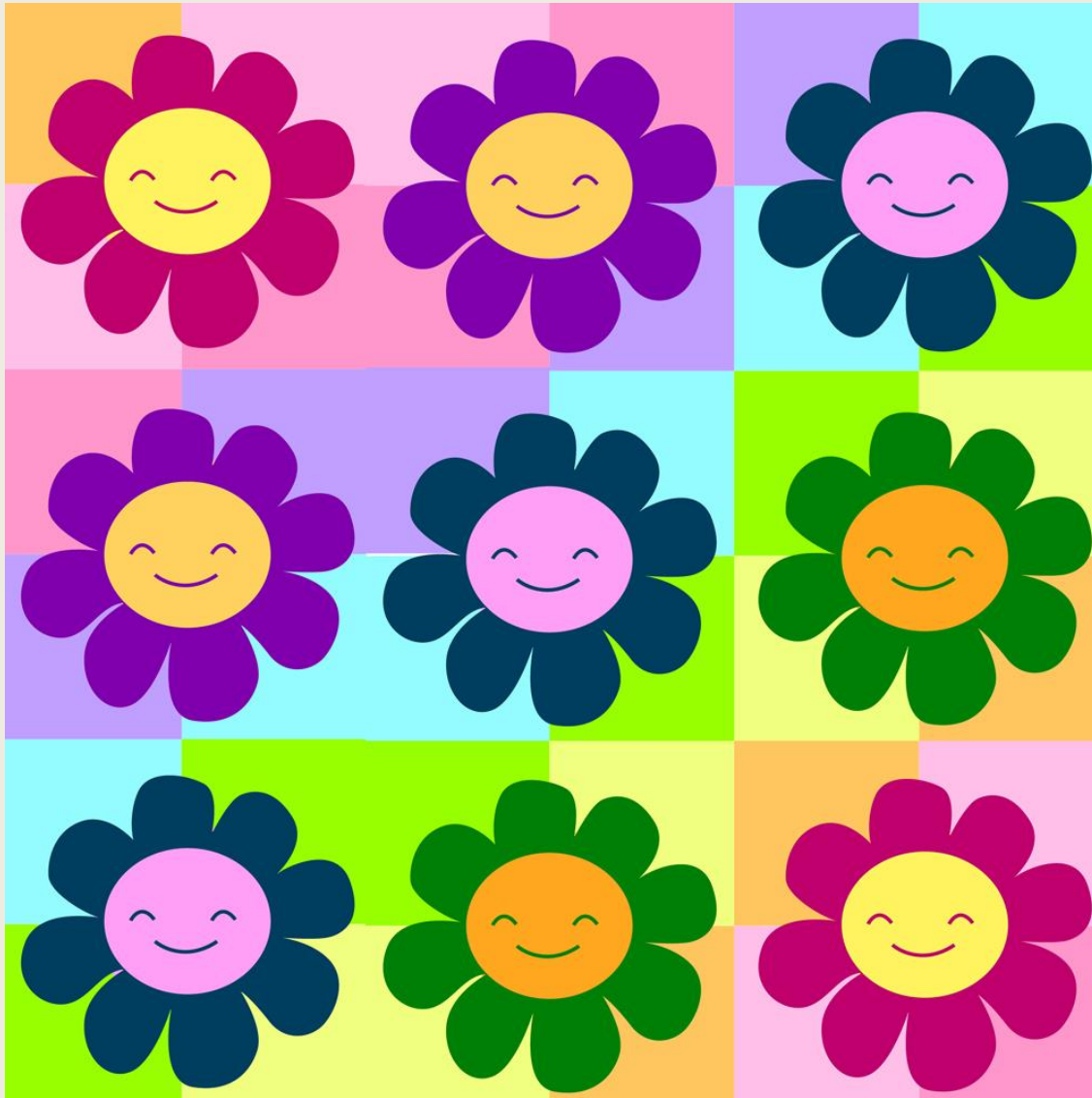
Adjust your core beliefs, identify evidence, behave in way that support new beliefs.



Healthy Self-esteem is balance.



Everyone has an occasional set back,  
identify it, readjust, have a support  
system, and have a plan.



REMEMBER your

POSITIVE qualities

# Reflect what is useful to you

- What are you willing to do?
- What strategies or tools can you own?
- What is your healthy formula?
- What one thing have you learnt?
- Discuss

