

Self Esteem Generator

**Love, Appreciate and
Respect Yourself**

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize anything that represents high self-esteem. See yourself as fifty feet tall walking among people. See them looking up at you with admiration and respect. See yourself in the mirror, and feel powerful feelings of admiration and respect.

Tips for Success

Keep a daily journal and record any objective evidence that your self-esteem is increasing. Notice how you interact with others, and pay attention to any compliments you receive based on any social behavior.

Please visit our forum to share your successes, or to ask any questions:

mindpersuasion.net

Affirmations

I love myself

I respect myself

I appreciate myself

I value myself

I look after myself

I take care of myself

I love my body

I love my mind

I love my spirit

I love my energy

I love being alone

I love being with other people

I openly express myself

I feel comfortable in social situations

I feel relaxed at the center of attention

I am happy around friends

I am happy around strangers

I am happy around family

I am happy alone

I am all that I need

I have all that I need

my mind is perfect

my body is perfect

my spirit is perfect

You love yourself

You respect yourself

You appreciate yourself

You value yourself

You look after yourself

You take care of yourself

You love your body

You love your mind

You love your spirit

You love your energy

You love being alone

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