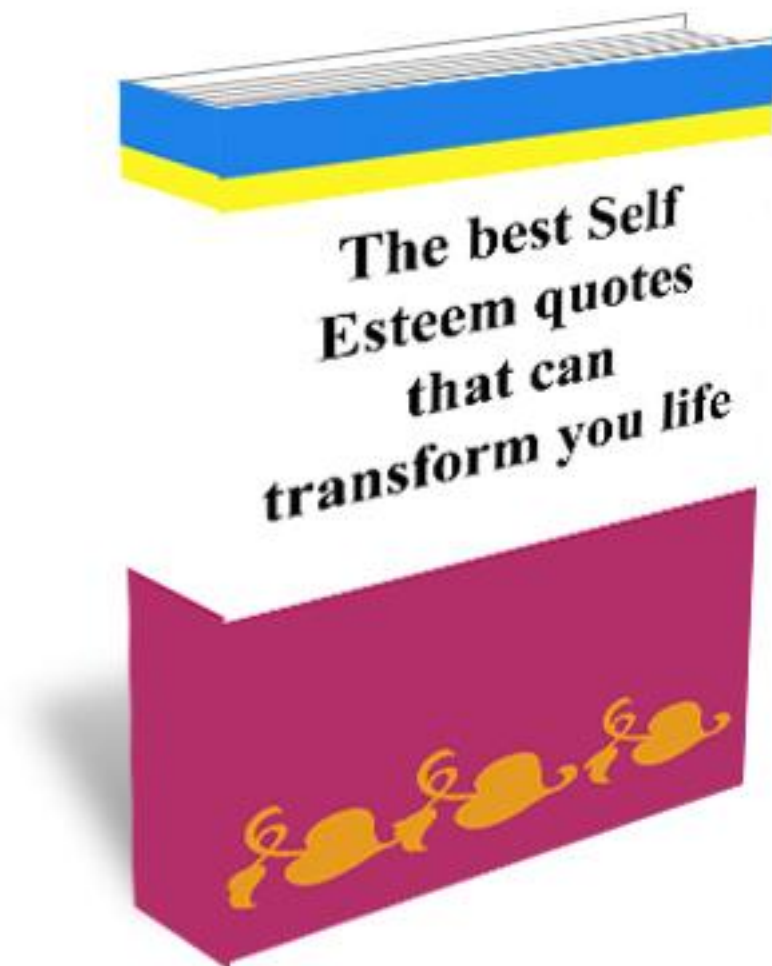


The Best Self-Esteem Quotes That Can Transform Your Life



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Introduction

The importance of a healthy self esteem for the foundation of your existence cannot be underestimated. It defines how you perceive yourself and life in general. It means to live consciously, assume responsibility, respect others, and take care of yourself.

A healthy self esteem enables you to be proud without being overbearing, , approach circumstances with a positive outlook, know you are worthy to realize your dreams, understand that you deserve a joyful life, and make choices that are supportive instead of defeating.

When I was a child I learned that other people were more important than me. My parents didn't tell me this with words, but by example.

My journey into better self esteem began many years ago when I made the commitment to value myself without being self-centered. Building your esteem is an internal process that involves:

1. Living with awareness.
2. Taking responsibility for your life and changing your attitude toward yourself and others.
3. Saying goodbye to the past.

Self esteem is important because:

- You believe you are worthy of happiness, you feel worthy of respect.
- It is the first step in believing in yourself
- Self esteem builds self confidence.
- Your self esteem will influence your thinking, emotions , happiness, desires, values and goals
- It will help you feel respect and be proud for yourself even if you make a mistake

- With a healthy self esteem you have a sense of control and direction and therefore; you will approach problems with a different perspective.

Self esteem is the source of your mental health, that is why is so important.

As Nathaniel Branden wrote about self esteem importance:

"Positive self esteem is important because when people experience it, they feel and look good, are effective and productive, and they respond to others and themselves in healthy, positive, growing ways. Know that they are lovable and capable, and care about themselves and other's. They do not have to build themselves up by tearin others down or by patronizing less competent people".

Self esteem deficit contributes to mental health problems. If you know you are worthy you behave accordingly . Low self esteem makes you think you are undeserving, inappropriate, and lack of confidence.

All this leads to develop destructive behaviours. You put yourself down, underestimate your qualities and abilities. This leads to a complete loss of faith in yourself and life. It can also be a symptom of unresolved emotional problems or a mental health disorders.

Low Self Esteem

I would like to share with you my personal experiences about some **low self esteem signs** and how to fix them.

Low Self Esteem symptom # 1- Blaming others: Stop complaining

This is usually known as complaining. I used to complain a lot in the past. Of course, my misfortune was always everybody else's fault.

I found out that this kind of behaviour is a symptom of low self esteem, because in blaming others I did not assume responsibility. But by not assuming responsibility, I became a victim of my circumstances.

How did I change this **low self esteem sign**? When I became aware of this behavior, I took the decision not to blame others anymore. Whenever I find myself blaming people or circumstances, I stop and I say to myself: "It is time to take responsibility", and I take action.

Low self esteem symptom # 2 - Denial:

This is my "favourite" one; I lived many years on denial. I used to minimize problems, forgetting events. I did not want to feel the pain. Despite the evidence, my tendency was to insist that anything bad or that I did wrong was not true. For example, when my father died, it was around 11:00 pm and I called one of my best friends. I told her that I needed to do some shopping and kept talking about trivial issues. She knew me very well, and I after I finished my talking she said: I am sorry your father is gone. .This is a **low self esteem sign**.

How I changed this?. I took the decision to start taking the risk to feel my feelings. I realized that it is better feeling the pain once than it is to keep feeling it all the time without even knowing what's happening within myself.

This is like having a toothache and avoiding going to the dentist to avoid the pain. So we take medication hoping that the pain will go

away, until we cannot bury it anymore and we make the appointment-
-by which time we have even more expensive work that needs to be
done.

Low self esteem symptom # 4 - Unable to express our feelings:

Being unable to express our feelings is being unable to feel them. We are suppressing them and tryin to go numb to them. This is my favourite one too. I used to be unable to know what I was ,.

For example, I felt anger and I did not know how to express it. Whenever somebody asked me: Are you angry? I smiled and I said: No, I am not angry. The truth is that I was confused about my feelings, and I felt afraid to express them. I did not understand that anger could be a healthy feeling. I always thought it was bad so I repressed it. This is a **low self esteem sign** .

How did I overcome this?. I decided to be brave and start to express my feelings . I learn how to e more assertive . For example, my husband is always late, and I am punctual. So, every time we go out, I am ready. He is always doing things at the last minute and this makes me really angry. I used to smile and said nothing . I didn't want to ruin the day. Instead of doing this one day I told him : I am really uncomfortable when we have to go out and you are never ready and we are late.

Just being able to express myself in this way had helped me a lot in not repressing my anger anymore.

Low self esteem symptom # 5- Depending on others for self acceptance:

I used to depend on others to accept myself; I thought, "If you like me, I am ok. If you accept me, I will accept myself," always waiting for a sign of approval so that I could feel good about myself. But when I didn't get it I was driven nuts.

How I changed this? Well, I become aware that people have different points of view, that sometimes they project in us their frustrations and that if somebody really loves me s/he will take me the way I am. I felt relief, just being conscious that we cannot please everyone and giving myself permission to be myself. It helped me accept myself not worrying about others' opinions.

This is like when you get your hair done, and then meet people and you are waiting for somebody to praise you. If you meet a friend, let's say, and she says, what have you done with your hair! I liked it the way it was before! You start to feel uncomfortable, and doubt your own stylistic tastes. If you accept yourself and you are not waiting for

other people's acceptance, you will be comfortable no matter what others say.

Low self esteem symptom # 6 - Lack personal boundaries:

I did not know how to draw a line between my problems and other's problems. I let people to be invasive. This behavior is linked with no knowing how to say no. I used to be so mixed up, that when I meet somebody with a problem, I internalized as mine. For example. I remembered once I meet a new person. He started to ask too many personal questions. Even though I felt uncomfortable I answered them .This is a **sign of low self esteem**.

How did I change this?. Well this experience occurred to me again. Because I was determined to set boundaries with other people, I could handle this in a different way. I just told her that I was not comfortable answering personal questions. I did not answered them. The good thing is that this person understood my request and we had an excellent relationship.

Setting boundaries is really important. We can still help other people, be nice to them but there is a place inside of us that we have to respect and do not have fear of rejection.

There are different activities you can practice to start building your self esteem. One of them is using self esteem quotes. I love self-esteem quotes because they keep me inspire and motivated.

If you want to keep inspired and motivated to improve your self-esteem, reading self-esteem quotes is a powerful tool you can use every day.

Self Esteem quotes are a great tool you can use to brake barriers. You can use this self-esteem quotes every day. Just pick one and ponder the meaning. You can also use these quotes to help you to find light when you are discouraged and ready to give up.

You can even pick a quote and write it down so that you can keep yourself focus on how valuable you are.

The more you ponder the meaning the *quotes*, the greater your chances to create more self-confidence and build your self-worth. Using self esteem quotes is a self esteem activity that will help you to become aware of who you truly are.

Here are my favorite self-esteem quotes, I hope you enjoy them!

Sincerely,

Carla Valencia

<http://www.selfesteemawareness.com>



Don't forget to sign up for my FREE 7-Part Mini E-Course to improve your Self-Esteem at: <http://www.selfesteemawareness.com/free-mini-course.htm>

Self-Esteem Quotes

Quotes by Nathaniel Branden ¹

Nathaniel Branden is a psychotherapist and writer best know today for his work in psychology of self esteem.

With a PhD in Psychology and a background in Philosophy, Nathaniel Branden is a pioneer in the field of self-esteem and personal development. Author, lecturer, and therapist, he is also a corporate consultant who teaches clients how the principles of self-esteem can help them to meet the challenges of modern business.

Many of his 17 books have been translated into 18 foreign languages and worldwide his books have sold four million copies. His books include, *The Psychology of Self-Esteem*, *How to Raise Your Self-Esteem*, *The Six Pillars of Self-Esteem*, *The Art of Living Consciously*, and his memoir, *My Years With Ayn Rand*.

Ultimately Nathaniel Branden is a teacher of values--an advocate and instructor for the autonomous human-being in us all.

- 1. Live with integrity, respect the rights of other people, and follow your own bliss.*

¹ "On Self-Esteem". <http://www.nathanielbranden.com>. Web. March 2011.
http://www.nathanielbranden.com/catalog/articles_essays

2. *There is overwhelming evidence that the higher the level of self-esteem, the more likely one will be to treat others with respect, kindness, and generosity.*
3. *Productive achievement is a consequence and an expression of health and self-esteem, not its cause.*
4. *The first step toward change is awareness. The second step is acceptance.*
5. *Self-esteem is the reputation we acquire with ourselves.*
6. *An emotion is both a mental and a physical event*
7. *To love is to see myself in you and to wish to celebrate myself with you. What I love is the embodiment of my values in another person. Love is an act of self-assertion, self-expression and a celebration of being alive.*
8. *For some people, their view of self and of the universe allows them to struggle for happiness-to yearn for happiness-"some time in the future"-perhaps next year-or the year after that. But not now. Not at this moment. Not here. Here and now is too terrifying close, too terrifyingly immediate. They suffer from happiness-anxiety.*
9. *Self-responsibility is an active orientation to life, rather than a passive or victim-like orientation.*
10. *Self-esteem is a particular way of experiencing the self. I define self-esteem as the disposition to experience*

oneself as competent to cope with the basic challenges of life and as worthy of happiness.

- 11. In taking responsibility for your life, you will recognize other people's rights to do the same.*
- 12. The more solid our self-esteem, the better equipped we are to cope with troubles that arise in our careers or in our personal life.*
- 13. Regardless of who you are talking to, maintain a tone of respect. Do not permit yourself a condescending, superior, sarcastic, or blaming tone.*
- 14. Self-esteem pertains to an experience of efficacy. This entails confidence in your mind at a very deep level. Not the confidence of knowing you can perform this or that task appropriately. Not confidence in how much you may know about any particular subject. But rather, trust in the processes by which you reason, understand, learn chose, decide, and regulate action.*

Quotes by Virginia Satir

Virginia Satir was an American author and, known especially for her approach to and her work with. Her most well-known books are *Conjoint Family Therapy*, 1964, *Peoplemaking*, 1972, and *The New Peoplemaking*, 1988.

She is also known for creating the Virginia Satir Change Process Model, a psychological model which was developed through clinical studies. Change management and organizational gurus of the 1990s and 2000s embrace this model to define how change impacts organizations².

- 1. I am Me. In all the world, there is no one else exactly like me. Everything that comes out of me is authentically mine, because I alone chose it -- I own everything about me: my body, my feelings, my mouth, my voice, all my actions, whether they be to others or myself. I own my fantasies, my dreams, my hopes, my fears. I own my triumphs and successes, all my failures and mistakes. Because I own all of me, I can become intimately acquainted with me. By so doing, I can love me and be friendly with all my parts. I know there are aspects about myself that puzzle me, and other aspects that I do not know -- but as long as I am friendly and loving to myself, I can courageously and hopefully look for solutions to the puzzles and ways to find out more about me. However I look and sound, whatever I say and do, and*

² "Virginia Satir". <http://www.abacon.com/famtherapy/satir.html>. Web. March 2011.

whatever I think and feel at a given moment in time is authentically me. If later some parts of how I looked, sounded, thought, and felt turn out to be unfitting, I can discard that which is unfitting, keep the rest, and invent something new for that which I discarded. I can see, hear, feel, think, say, and do. I have the tools to survive, to be close to others, to be productive, and to make sense and order out of the world of people and things outside of me. I own me, and therefore, I can engineer me. I am me, and I am Okay.³

2. *Feelings of worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated, communication is open, and rules are flexible - the kind of atmosphere that is found in a nurturing family.*
3. *"We need 4 hugs a day for survival. We need 8 hugs a day for maintenance. We need 12 hugs a day for growth."*
4. *"Feelings of worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated, communication is open, and rules are flexible - the kind of atmosphere that is found in a nurturing family"*
5. *"I believe the greatest gift I can conceive of having from anyone is to be seen by them, heard by them, to be understood and touched by them."*

³ "My Declaration of Self-Esteem - "I Am Me". Web. March 2011. <http://www.sapphyr.net/largegems/iamme.htm>
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<http://www.selfesteemawareness.com>

6. *Every word, facial expression, gesture, or action on the part of a parent gives the child some message about self-worth. It is sad that so many parents don't realize what messages they are sending.*
7. *Feelings of worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated, communication is open, and rules are flexible - the kind of atmosphere that is found in a nurturing family.*

Quotes by Jack Canfield

Jack Canfield is a motivational speaker and author. He is best known as the co-creator of the Chicken Soup for the soul book series, which currently has nearly 200 titles and 112 million copies in print in over 40 languages⁴.

- 1. All too often we're filled with negative and limiting beliefs. We're filled with self-doubt. We're filled with guilt or with a sense of unworthiness. We have a lot of assumptions about the way the world is that are actually wrong.*
- 2. You have to believe it's possible and believe in yourself. Because after you've decided what you want, you have to believe it's possible and possible for you, not just for other people. Then you need to seek out models, mentors, and coaches.*
- 3. Self-esteem is a huge piece of my work. You have to believe it's possible and believe in yourself. Because after you've decided what you want, you have to believe it's possible and possible for you, not just for other people. Then you need to seek out models, mentors, and coaches.*

⁴ "About Jack Canfield ". <http://www.jackcanfield.com/book-jack/about-jack-canfield.html>. Web. March 2011.

4. *The problem is that most people focus on their failures rather than their successes. But the truth is that most people have many more successes than failures.*

5. *Success depends on getting good at saying no without feeling guilty. You cannot get ahead with your own goals if you are always saying yes to someone else's projects. You can only get ahead with your desired lifestyle if you are focused on the things that will produce that lifestyle.*

6. *There are only two words that will always lead you to success. Those words are yes and no. Undoubtedly, you've mastered saying yes. So start practicing saying no. Your goals depend on it!*

Quotes by Louise Hay

Louise Hay is a motivational author, and the founder of Hay House, a publishing company. She has authored several self-help books, and is best known for her 1984 book, *You Can Heal Your Life*.

Louise L. Hay is also known as one of the founders of the self-help movement. Her first book, *Heal your Body* was published in 1976, long before it was fashionable to discuss the connection between the mind and body.

Through Louise's healing techniques and positive philosophy, millions have learned how to create more of what they want in their lives, including more wellness in their bodies, minds, and spirits. Her own personal philosophy was forged from her tormented upbringing.

Her childhood was unstable and impoverished, and her teen years were marked by abuse. Louise ran away from home and ended up in New York City, where she became a model and married a prosperous businessman. Although it appeared that her life had turned around, it was not until the marriage ended 14 years later that her healing really began.

Louise was able to put her philosophies into practice when she was diagnosed with cancer. She considered the alternatives to surgery and drugs, and instead developed an intensive program of affirmations, visualization, nutritional cleansing, and psychotherapy. Within six months, she was completely healed of cancer.⁵

⁵ "About Louise Hay Biography ". <http://www.louisehay.com/about-louise/>. Web. March 2011.

1. *Self-approval and self-acceptance in the now are the main keys to positive changes in every area of our lives.*
2. *If we really love ourselves, everything in our life works.*
3. *Love is the great miracle cure. Loving ourselves works miracles in our lives.*
4. *I love myself for I am a beloved child of the universe and the universe lovingly takes care of me now.*
5. *Your thoughts and beliefs of the past have created this moment, and all the moments up to this moment. What you are now choosing to believe and think and say will create the next moment and the next day and the next month and the next year.*
6. *Your unique creative talents and abilities are flowing through you and are being expressed in deeply satisfying ways. Your creativity is always in demand.*
7. *Love who and what you are and what you do.*

Self Esteem Quotes by Elkhart Tolle

Elkhart Tolle is a writer, public speaker, and spiritual teacher. Eckhart Tolle is the author of the #1 New York Times bestseller *The Power of Now* (translated into 33 languages) and the highly acclaimed follow-up *A New Earth*, which are widely regarded as two of the most influential spiritual books of our time.⁶

- 1. You are here to enable the divine purpose of the universe to unfold. That is how important you are.*
- 2. True self-esteem goes much deeper. It's finding the source of power and aliveness deep inside. Realizing that within the depth of your being, there is that continuous source of intense aliveness and power, which is the stillness out of which everything comes.*
- 3. Do not fight against the body, for in doing so you are fighting against your own reality. Underneath it lies the invisible inner body, the doorway into Being.*
- 4. In the eyes of the ego, self-esteem and humility are contradictory. In truth, they are one and the same.*

⁶ "About". <http://www.eckhartolle.com/home/about/eckhartolle/>. Web. March 2011.

5. *Because you're afraid of disapproval or the criticism would represent an injury of your mentally made sense of self which is the ego. So it would, the image that I have of myself as the very capable person or whatever it is that I'm trying to uphold, if I encounter criticism, the ego immediately will be hurt.*

6. *And so a shy person would not dare to say anything because they're afraid of ego loss. And.. sometimes that's mistaken for an egoless person.*

More Self Esteem Quotes form famous authors

Mark Twain Quotes

- A man cannot be comfortable without his own approval.
- The worst loneliness is not to be comfortable with yourself.
- All you need in this life is ignorance and confidence, and then success is sure.

Ralph Waldo Emerson Quotes

- Insist on yourself; never imitate. Your own gift you can present every moment with the cumulative force of a whole life's cultivation; but of the adopted talent of another you have only and extemporaneous half possession. Do that which is assigned to you, and you cannot hope too much or dare too much.
- If I have lost confidence in myself, I have the universe against me.

Jim Rohn Quotes

- To have an incredible increase in self-esteem, all you have to do is start doing some little something. Just make a commitment to any easy discipline.

Wayne W. Dyer Quotes

- Accept that you are enough. You don't need to be anything that you are not.
- You cannot be lonely if you like the person you're alone with.

Other Authors Quotes

- It is necessary to the happiness of a man that he be mentally faithful to himself. E. Cummings.
- Security represents your sense of worth, your identity, your emotional anchorage, your self-esteem, your basic personal strength or lack of it. Stephen Covey.
- The greatest success is successful self-acceptance. Ben Sweet.
- We are unhappy because we no longer have our self-esteem. We are unhappy, because we no longer believe we are a special miracle, a special creation of God. We have lost faith in ourselves. OG Mandino.
- He that falls in love with himself will have no rivals. Benjamin Franklin.

- Self-love is the instrument of our preservation. Voltaire.
- Self-love is not so vile a sin as self-neglecting. William Shakespeare.
- Well-ordered self-love is right and natural. Saint Thomas Aquinas.
- Self-esteem and self-love are the opposites of fear; the more you like yourself, the less you fear anything. Brian Tracy
- Self pity is our worst enemy and if we yield to it, we can never do anything wise in the world. Helen Keller.
- The secret of attraction is to love yourself. Attractive people judge neither themselves nor others. They are open to gestures of love. They think about love, and express their love in every action. They know that love is not a mere sentiment, but the ultimate truth at the heart of the universe. Deepak Chopra.
- On Loving Oneself by by Lama Zopa Rinpoche he said: "To love oneself is not contradictory to what Mahayana Buddhism teaches. It is not saying one should not love oneself. Renouncing oneself and cherishing others is not contradictory to loving oneself. In fact, practicing the Mahayana teaching, bodhicitta, is the best way to love oneself, to take care of oneself. "
- The way you treat yourself sets the standard for others. Sonya Friedman.

- Respect yourself if you would have others respect you. Balthazar Gracian.
- I am an artist of my own creation. I like myself. Sondra Ray.
- Listen to your heart above all other voices. Marta Kagan.
- If you don't run your own life, somebody else will. John Atkinson.
- Put all excuses aside and remember this: You are capable. Zig Ziglar.
- Self pity gets you nowhere. One must have the adventurous daring to accept oneself as a bundle of possibilities and undertake the most interesting game n the world making the most of one's best. Harry E. Fosdick.
- Someone's opinion of you does not have to become your reality. Less Brown.
- Think positively about yourself; ask God who made you to keep on remaking you. Norman Vincent Peale.
- Where you are and what you are right now has to be made right, even if you don't like it that much. By criticizing and negating the current circumstances, what you are saying is that you are not okay. Stuart Wilde.
- I was right not to be afraid of any thief but myself, who will end by leaving me nothing. Katherine Porter.

- And remember, no matter where you go, there you are. Confucius.
- There are two kinds of cowards. One kind always lives with himself, afraid to face the world. The other kind lives with the world, afraid to face himself. Roscoe Snowden.
- Looking back, you realize that a very special person passed briefly through your life, and that person was you. It is not too late to become that person again. Robert Brault.
- Self respect is the fruit of discipline: the sense of dignity grows with the ability to say no to oneself. Abraham Heschel.
- One person can make a difference. You don't have to be a big shot. You don't have to have a lot of influence. You just have to have faith in your power to change things. Norman Vincent Peale.
- No one can defeat us unless we first defeat ourselves. Dwight Eisenhower.'

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About the Author

Carla's professional background includes 15 years working as a Software Developer and Technical Writer.

Trained in energy psychology and various schools of thought in the area of personal growth, she became passionate about writing down her personal experiences and issues related to self-esteem and personal development to help individuals in achieving greater levels of joy and love in their lives.

She has a EFT-CC Certificate and throughout the last 15 years she has practiced Ho'oponopono, EFT, Rebirthing, Shadow work, and Meditation.

She published her first book when she was 23, titled "*Let's Love Ourselves As We Are*". She is a self-published author of various [E-Books](#) and [Books On Self-Help](#).

Her passion: "Give her personal experience to others"

Her expression: "My life is my teaching."

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