

Ten Ways to Build Your Self-Esteem

By Paul Meier, M.D.

1. Read what God says regarding His thoughts about you in Psalm 139 and choose to believe Him.
2. Ask yourself what you tend to say to yourself whenever you make a mistake and write it here: _____
(Ephesians 4:7)
3. What would you say to your best friend if he/she made the same mistake?

4. If you say something kind and supportive to your best friend, but you are angry and critical toward yourself, then which message is the lie?
5. Write today's date down in your Bible and under it the sentence, "I promise to make a genuine effort to believe what God says about me and to become my own best friend," and include your signature.
6. Whenever you say anything harshly critical to yourself from now on, realize that Satan is "the accuser of the brethren." Don't dwell on the past.
7. Don't build your self-worth on one person's opinion of you. If you had a negative parent, don't let that parent influence how you feel about yourself. He/she is only one person out of six billion on earth. You are already worthy (Psalm 68).
8. Find a friend you can trust who will be your prayer partner, with whom you can share intimate fears and secrets.
9. Build relationships (this takes effort on your part!) with people who know the real you and accept you anyway.
10. Don't compare yourselves to other human beings. God has created each of us uniquely, with different gifts and talents. There is no one else on earth just like you. Compare yourself, instead, to how you used to be, and be proud of the positive direction in which you are heading.

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