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The Arete E-Zine

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FROM THE EDITOR

Welcome to the **November** issue of **your Arete E-Zine**.
As always, I sincerely wish that you are safe and well, and trust that you are looking forward to exploring tried & trusted methods to improve your Self-Development & Well-Being with this month's amazing **content packed** & **informative** articles to guide you on your life's journey!

I have tried to include a wide & diverse range of Self-Help subjects to cover anyone that is truly interested in attaining the very best tools & advice on reaching their goals and ambitions, and if I.M. (**Internet Marketing**) is your thing? then do see our **Special Offer** on **Page 18** **It's Absolutely Free! – No Strings!**

If you're interested in the future well-being of our planet? Then take a look here https://fb.watch/7nOGwPulwN/ To see the amazing idea of the **'Bee Road'** and how you and the kids could really help nature to survive and protect future generations.

On the subject of saving our planet, did you get to see the BBC Series **'Earthshot Prize'** Hosted by **H.R.H. Prince William** with leading naturalist and broadcaster **Sir David Attenborough**.

The first ever **Five One Million Pound** winners of the **Earthshot Prize** were awarded in **London U.K.** on Sunday the 17th October. Their amazing contributions to providing solutions to Climate Change were selected by the Earthshot Prize Council. A further **Five, one million-pound prizes** will be awarded each year for the next ten years, providing at least 50 solutions to the world's greatest environmental problems by 2030.
Want to learn more? then visit **https://earthshotprize.org/**

In the meantime, Remember that
Daily Disciplines Determine Destiny &
You Can't Change Your Life - If You Don't Change Your Thinking!

Until Next Time/…. *Jonathan.*



CULTIVATING YOUR FRIEND SUPPORT SYSTEM

Cultivating relationships and making friends is part of everyone's life. Clearly, some of us are better at doing it than others. If you find it difficult in making the right choices of supportive friends, it's time to take an in depth look into yourself and figure out the reasons why. After all, the biggest part of our lives is spent with our friends and family. So, it's really important, these relationships are what make us who we are.

> **"Having an environment that is supportive is really important for success**
>
> **Tory Burch**

"A friend in need is a friend indeed"– This old English proverb relates to us that a true friend is someone who helps you when you are in trouble, rather than leaving you to fend for yourself. Building supportive relationships takes a lot of time and effort. If you expect people to be supportive of you in your 'hour of need', then it's very important for you to do the same and be there for them, when they most need you. This "Golden Rule" is a very good principle to follow when it comes to friendships and supportive relationships.



Celebrate and value individuals' differences.

Be Authentic, be who you really are from Day One - Differences are the spice of life, so never try to be someone you're not in order to have certain friends, or to attract a specific person into your life. The fact is, people rarely change, and you can never maintain a false image of yourself indefinitely. The more you trust others to be themselves, the more they'll trust you to do the same.



Respect & Accept Others, for who they are! - It is imperative to be openly accepting of other people's differences too. It doesn't mean you are expected to accept illegal or anti-social behavior, but you should be willing to accept some minor moral differences or things like religious differences, political differences or skin color after all, we are all human beings and part of a multi-cultural social community, that should have no place for hatred or intolerance.

Avoid Taking Responsibility for Others – There is a fine line between supporting and enabling behavior. When a friend has to suffer the consequences of their own erroneous actions, there is no reason that you can't continue to be supportive, even if visiting them in jail. However, you should not be expected to take any type of responsibility for their actions, in order to be supportive.

Believe in Your Friends to Be Better – Sometimes part of being a supportive person and a good friend is, to want what is best for them. Sometimes, even more than they may realise or understand. If, for example, one of your friends is in an abusive relationship, never stand by and support that situation. Demand that they get help and assist where possible to get them away from that situation. However, be aware that you should never make assumptions or be too controlling – A good friend should display empathy, compassion and honesty, whilst always working towards a true and meaningful friendship.



Learn How to Listen Effectively – most of us are blessed with two ears and one mouth for a reason. We should all seek to listen twice as much as we talk. However, there is a difference between just sitting there quietly as opposed to giving your undivided attention to what is actually being said.

Try this fun exercise, next time you're with a friend: -

- Repeat back a conversation to them, stating what you think they said in your own words – Did You get it right?

Sometimes you may have heard the words being said but have completely misunderstood their importance, their relevance or even the true meaning.

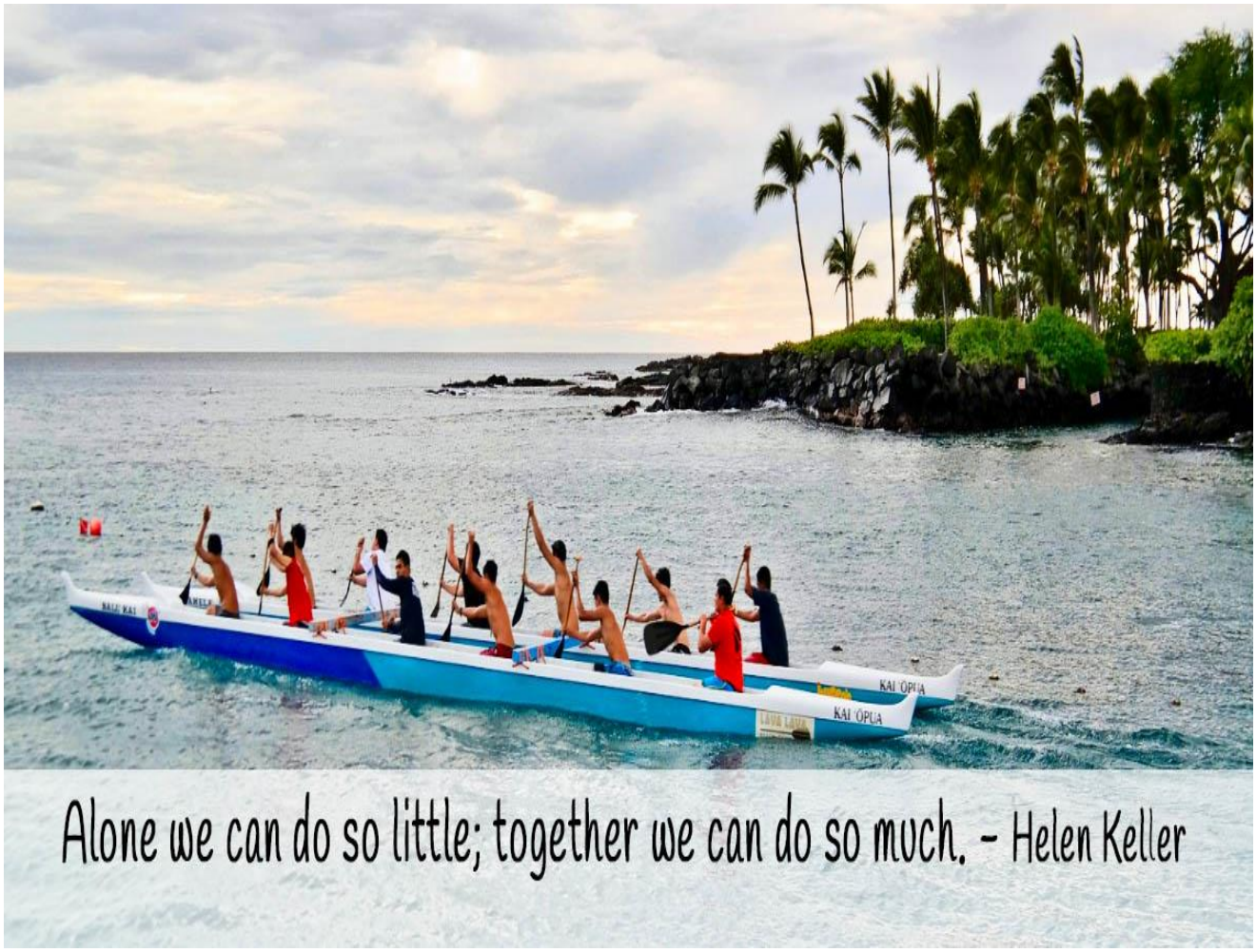
It is also generally scientifically accepted that a repeated fact is often ***perceived*** as more truthful! – Which is a really good reason why you should never believe gossip, particularly if it involves the reputation or actions of others.

True Friendships are 100/100 – True friends will not be keeping score within their friendship of mutual companionship and support, which is why they are **100/100** instead of 50/50. If you're focused on providing 100 percent of yourself, it leaves no room for resentments and misunderstandings.

Spend Quality Time With Your Friends – When you nurture a good friendship and place value on a relationship with someone, spend real time with them - time that really counts! It doesn't necessarily need to take up a lot of time. Sometimes it's just ten minutes on the phone, or meeting up for coffee. Another time it might be bringing the double chocolate chip ice-cream to share together or a bunch of flowers to show how much you value them. To have friendship is to enjoy a purposeful and happy life, that truly enhances our mental and physical well-being.

Accepting & Giving Criticism– Truly supportive relationships aren't always completely positive. Sometimes our friends need that particular person, who they know is willing to challenge them on their negative opinions or behaviour. Genuinely supportive people are able to do that for each other without offence or confrontation.

Ask for What You Need – Some relationships can appear one-sided at times, which is why it's important to recognise boundaries and ask for what **you need**! If when you ask someone for help in what you need and they don't, can't or won't provide it, it may well be time to move on.



Social Media Friendships

Many of us today use social media to keep in contact with our family and real-life circle of friends such as school friends, acquaintances or work colleagues. It's also a great way to discover new online friends where we can find like-minded people who are interested in the same causes, hobbies, or past-times as us. In addition, we can also discover those that may be struggling with the same problems as us. It appears so easy to do, with the internet seemingly providing us with the perfect group of people to be friends with! However, be careful not to end up becoming Socially Anxious! You are probably aware that there are some definite **negative aspects** of social media, such as cyberbullying, trolling, oversharing and sexting issues. Social media sites can also put **negative pressure** on **friendships**, especially when a particular friend is very active about posting pictures, status updates and opinions that offend or hurt others.

On the positive side, some of the Social Media sites provide **Groups** to which you can join or **Events** that are taking place in your area. This is where you should be aiming to create real and genuine friendships i.e., in person, in real life.

Always follow commonsense rules when meeting a person for the first time.

- **Take someone with you,**
- **Let people know in advance where you are going,**
- **Stay in contact**
- **Meet in a public place!**

Developing genuine friendships and a support network may require a lot of effort on your part, but it will certainly be worth every moment of your time. By setting the standards of what is expected in good relationships and the type of network of friends that is required, you will be setting a good example to your friends and family. Being an honest and reliable person brings both self-respect and the respect of others around you.

Good friends.

"Friendship is probably the greatest support system in the world, so don't deny yourself the time to develope it. Nothing can match it. It's extraordinary in its benefit"

~ Jim Rhone ~





HOW SUCCESSFUL PEOPLE USE THE LAW OF ATTRACTION IN THEIR EVERYDAY LIVES

We all at some point, will have noticed a particular business person who really stands out from the crowd, who seems to have everything covered and under control! Like an orchestral conductor, they seemingly lead their business with a vibrancy, ease and a grace that you cannot fail to be impressed by, and maybe even a little bit envious?

If you believed that those individuals just sat back, and let things come to them, rather than allowing themselves to be consumed with chasing things, then your assumption is probably correct. What you will not have seen or realised, is that many of those individuals, whether running their own enterprises or leading large corporate organisations, readily refer to their daily use of the law of attraction to maximize their success.

Sitting Back and Waiting Rather than Chasing

Unlike the average person, successful individuals have (through their own experiences), learned a few things about what the law of attraction does and how it works. They know that sometimes when you want something so badly and pursue overzealously, it runs away from you rather than towards you. So, they know that once they are clear about their intention, set it, and visualize upon it, the only next logical step is to wait for it to come.

> **Whatever belief I practice the Law of Attraction will validate with evidence.**
>
> Esther Hicks

If you were to ask any individual about their dreams and goals, many would know what they were, and tell you how quickly they want them – like most people they want immediate results. However, successful people know to wait patiently and assuredly for their particular desired outcome, and are truly confident that it will duly arrive.

Abundance Blocks

Making the law of attraction work, in part for successful people, is the fact that they know and are acutely aware of their **abundance blocks**. This knowledge helps successful people plough through those abundance blocks. For example, many successful people are aware that they (through long-held beliefs and learned behaviour) may have an abundance block around money - such as "Money is the root of all evil".

Once they are able to clear away those blockages, the abundance of money using the law of attraction is drawn towards to those individuals.

The Power of Believing

Successful individuals also know what the key to the 'Secret' of the law of attraction is. They know unequivocally that the power of belief is integral to the manifestation of their desires. Truly believing that they are worthy individuals (who deserve nothing less than the best outcome), is the real power of using the law of attraction.

So, if you choose to walk around with a determined negative mindset of **'Woe is Me'**, or contribute in a negatively way to the ever-present daily criticisms against life situations, or circumstances to the detriment of others, then you can rightly expect that is exactly what your life will deliver back to you. However, if you approach life expecting the best of outcomes, and aspiring to have unshakeable faith and belief, you will receive blessings in abundance; your wishes will then be fulfilled. This is how the law of attraction works.

Having a positive mindset along with other qualities such as kindness, compassion & forgiveness, can also contribute significantly towards enabling the law of attraction to work in your favour, as well as the added bonus of improving both your mental & physical well-being, which is not only good for you, but for those around you!





IDENTIFYING YOUR FIRST SELF-EMPOWERMENT GOAL

To Be Self-Empowered means that you have made a conscious decision to take control your life – in all areas and aspects of your life. As opposed to feeling that you are a victim of others, of general circumstances, or even possibly your own negative limiting thinking. You have decided to take life by the reins, make your own decisions and set your own goals.

Once you have made that decision, it's time to focus sharply on how and where you want to change your life? What is it that you most want to achieve? what goals do you need to set? And most importantly, what is the very first goal you're going to tackle?

There may well be a number of areas where you want to take control of your life. They might include lifestyle goals like meditating, exercising, eating healthier or changing your way of thinking in order to develop a more positive attitude. You may also have specific career goals like going back to school, getting a promotion, or starting your own business. In addition, you might have specific personal goals like finding a partner or spouse, improving your finances, or buying a home.



Carefully consider each of your goals in turn and try to place them in order of priority. Examine closely where your starting point is? If your most important goal for example is to find a spouse, settle down and start a family, then you will obviously want to ensure that you are in a healthy condition, and ideally financially secure! – So, improving your diet might be your first goal, followed by an exercise regime. Then you could examine your level of education – Is it enough to achieve your ambitions? if not that could well be the next goal to aim for!

Most often, the key to success with any goal is to focus deeply, drilling down to break each goal down into small and manageable steps. For example, if you want to start a business then you'll ideally make a list of the steps required to achieve that goal. Each step taken is then manageable and consequently more attainable. Once you're on the path to achieving one goal and have taken some significant steps toward success, you will then be in a good position to add another goal to your plan. Most people have more than one major goal or ambition, but you should avoid trying to focus on all of them at the same time, as that will be overwhelming, and almost certainly make them become unattainable.

There are very many well-known people that were once told to give up their dreams and ambitions and yet went on to succeed, despite the obstacles that confronted them, the circumstances that prevailed or the people that had no faith or confidence in their abilities.

When planning your life's journey and considering your ultimate objectives, always listen positively to your inner voice, avoid letting anyone else persuade you to take another direction – **It's YOUR LIFE – YOUR JOURNEY** to happiness and fulfilment!

Even, if for reasons beyond your control, you were to fail, then you will at least have the satisfaction that you at least tried!

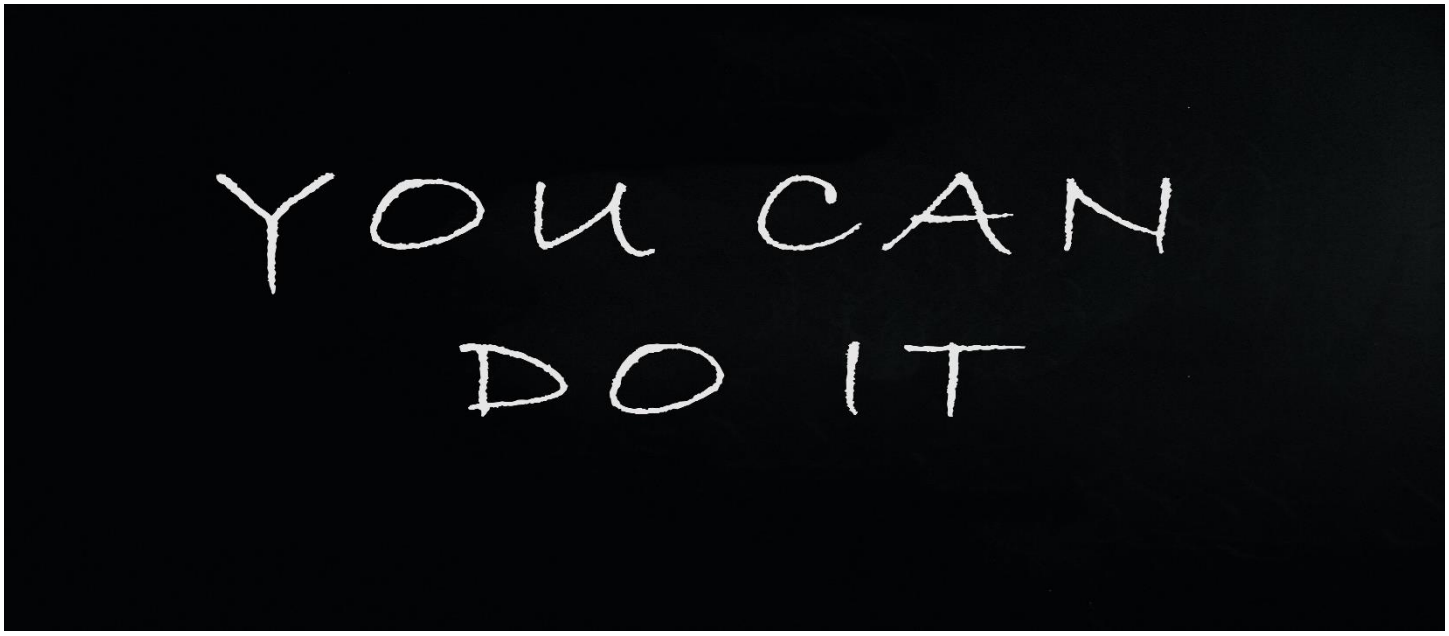
Take Control of Your Life
Become Self-Empowered
If you truly believe that
You Can – then - You Will!

Jonathan Powell.

Too many times, the very **last words**
that people utter at the end of their life's Journey are: -

"I Wish I Had……."

Will YOU be one of them?



NAVIGATING THE RIVER OF MOTIVATION

Put Simply, Motivation is what drives us to act upon our inner impulses, to acquire or gain something we want or need. For example, to eat when we are hungry, to take part in an event or take some form of personal action to in order to achieve something. Motivation involves the emotional, biological, social, and cognitive forces that trigger our behavior, and therefore **'Motivation'** is the key to reaching any goal.

However, we never go through life constantly motivated, i.e., You only want a drink when you are thirsty. Motivation ebbs and flows like the tide of a river. We all experience those periods of high energy, (when we **'Flow'** and are really productive) as well as those times when we **'Ebb'** and really just can't be bothered. It is at those times that we are most likely to feel lethargic and quite indifferent to muster up any enthusiasm for the task ahead.

To resist the temptation to quit can be strong when your motivation ***ebbs***. The key is to stick with it and the flow will come back.

"The only limit to the height of your achievements is the reach of your dreams and your willingness to work hard for them"

Michele Obama

The following tips will help you to navigate through the ebbs and flows of motivation.

Overcome & Understand the Ebbs:

Everyone faces distractions of some kind, regardless of how organized they are, whether it's a notification/ping on the phone, a low flying plane or your child needing attention. It really can be quite difficult at times to avoid those moments, especially if you are trying hard to achieve a goal. For example, you may be trying to diet but the distractions prevent you eating healthily as you planned to do, which results in you a grabbing a burger or quick unhealthy snack to keep you going. Plan where possible in advance to get rid of those easy access distractions/temptations in order to keep yourself on the right path, i.e., pre-prepare a tub of healthy salad, keep a bottle of fruit juice, or some fresh fruit near to hand. Plan your schedule to minimize or reduce the distractions, involve others to assist in achieving your goal where possible, such as family, friends or organized groups.

Keep a journal and take notes of those things that throw you off track. What caused the lapse? Consider the best strategies and methods on how you can remove an obstacle or at least reduce its effect on your progress.



Find a quiet place, sit down and consider every detail of your goal. Visualize in your mind's eye achieving your goal, how is that going to make you feel? In what way will it change your life? For example, if you are going to write a novel, then visualize yourself creating every scene the personality of each character, finishing the book, then the satisfaction of sending it to the publisher and reaping the rewards of your efforts. No matter what your goal is, always bear in mind that it is achievable!

When your motivation ebbs, strive to replace negative thoughts with positive ones. As referred to previously, that's not always as easy as it sounds. If you find that you have a tendency towards negative thoughts, like ***"I can't do this"*** or ***"This is just too hard and way too difficult"*** you will find that by making a conscious and determined effort to turn your negative thought process around, that it gets significantly easier as you progress.

You need to think of it as a habit. When you first start to form a new habit, it can be quite challenging but the more you do it the easier it becomes, and before you realise it you find it becomes 2nd nature!

Find a way to get excited again. What was it about the goal that got you fired-up in the first place? Try to recall that feeling of excitement you had at the time and re-build on it to get through the ebb in motivation.

Read about others who are achieving the same goal as you, watch their inspirational videos and become re-energized.

Talk to friends and mentors when you hit a low spot. Seek out those that will cheer you on, help and support you to get motivated again. If you have been trying to achieve your goal for a while but have hit a low point, then go back and look at the positive progress you've made to date! Encourage yourself to keep going, build on those past successes. Remind yourself that each little step you've already achieved has taken you closer to your goal. Take pride in those successes and use them to get you to the next level. Brainstorm new or more interesting ways to proceed towards your target when you become discouraged. Get help from a coach or mentor to guide you.
Re-examine your list of reasons why you are going for your goal, and importantly have a backup plan in place for when obstacles arise in the future.

Make a specific point of rewarding yourself when you hit a target or mini goal. Pre-planned rewards or treats are a great positivity tool that can be used to drive your motivation enormously, giving you a target measure of your success to relish and enjoy. Also, by breaking your goal into small tasks with rewards or treats at each step means that you are less likely to become overwhelmed and dis-heartened.



Most of us need motivation to reach a specific goal. It is part of human nature to strive towards something we desire and value. Understanding what motivation is and how it works is invaluable to us on many levels. How and why, it decreases (Ebbs) and increases (Flows) and when it's effect on us is either beneficial or detrimental to our needs.

There is little argument about the benefits of motivation. It can help us to get healthier, improve our relationships on both a personal and professional level. Motivation allows us to improve our personal skillset and become more productive. But perhaps its most important role is to allow us to take personal control of our mental/physical health and well-being, which is paramount to all of us today. If we strive to take good care of ourselves, then we are in a far better position to contribute positively to our society and be supportive of others.



OVERCOMING SHYNESS IN THE WORKPLACE

Being shy or introverted won't stop you from making connections (and even friends) at work. Communicating with people in the workplace is an expectation and can be stressful, regardless of whether you are dealing with clients or co-workers. But there's really very little to be anxious about.

Below are a few tips that will hopefully ease the discomfort and stress associated with shyness.

Start Small with What You Know Already Know.

If you're shy, it can be difficult to "jump right in" and start networking with strangers. So, begin by considering what you currently practice with those that you are already comfortable with, like your friends and family members. Interacting with people that you already know takes away the element of not knowing the other person. This makes the conversation less tense. Not only that, positive interactions with friends and family helps to build your confidence and makes potential future conversations with those that you don't know, a more acceptable and pleasurable experience.

The Importance of Self Confidence.

Having faith in yourself and your abilities goes a very long way to achieving self-confidence and having positive interactions in the workplace. If you believe that you have the required basic skills and are willing to learn, then there is no logical reason why you should not fit in with everybody else. It is worth bearing in mind that your new work colleagues that are already in place, will have experienced either the same or similar fears of acceptance, when they first started. If you appear to be confident in yourself, it's easier for your peers to view you as someone who knows what they're talking about and comfortable with their position. Conversely, if people view you as apologetic or introverted, it becomes that much harder to be accepted and taken seriously.

Seize Opportunities to Fit in and Develop Your Work Relationships.

There will be times when a co-worker asks you for help, or wants to engage in conversation. It is at these times that you have the opportunity to get to know this individual a little better. Rather than dismissing them or giving a one-word response, ideally try to say something that expands the conversation to keep it going. If you're not comfortable talking about your personal life, keep the conversation focused on work-related topics instead. You may find this a little difficult at first, but do persevere as it will benefit your work relationships and help you overcome shyness.

Helping Others Builds Relationships.

Providing assistance and helping people when needed, is a sure way to create a favourable impression. If you have a useful idea or a particular skill which is helpful to your co-workers, let them know that you are readily available to provide assistance.

Each time you help with a project, it lets people know that they are able to rely on you in the future. Lending a hand to your co-workers, builds relationships and also helps to ensure that they'll have no problem reciprocating, should the occasion arise.

Self-Development Starts with Taking Risks.

It can be difficult for some individuals to take risks within the workplace in respect of their current position, especially those that are anxious or introverted. The fear of being turned down or getting a negative response, is enough to keep them from putting themselves forward and progressing their career. But, if you are one of those people, then you should know that it is more than possible to overcome this fear of rejection, and open yourself up to all sorts of new networking opportunities. Overcoming this fear will also aid your self-development and enable you to be better prepared for future conversations with strangers, such as customers or contractors.

Be Prepared - In Advance.

The very thought of doing a presentation, and having a discussion with the boss can be daunting for many people, especially when you're trying to think of what to say and what content you will include. Always use the Golden Rule ***"Don't put off until tomorrow what you can do today"*** (**Benjamin Franklin**).

In other words, **never** put off preparing for these things until the time arrives. The more effort you spend preparing, the less stress you will feel and the more confident and comfortable you will be.

If you are going to do a presentation, you may want to consider writing a draft script and rehearsing it (possibly with a trusted friend or close member of the family) in advance. Study the script, ensure you include only relevant detail, try keeping it short but, as near to the point as possible. No-one wants a long-winded or boring meeting. If you're getting ready to meet a panel audience or several people at once, it may be a good idea to think of a couple of light-hearted questions to ask everyone in order to break the ice. Remember, that life presents all of us with challenges, which includes making decisions and taking risks. Even if you don't get the position or promotion, the experience will certainly be invaluable to you in the future.

In Summary.

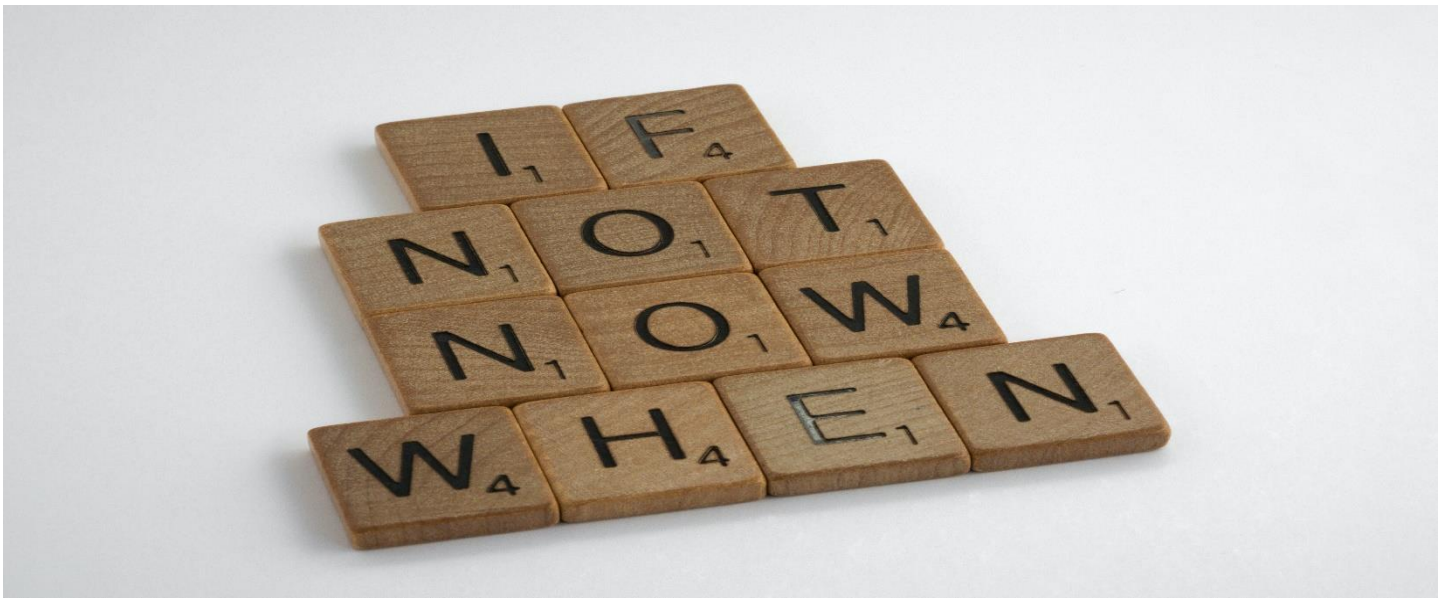
Don't be a victim of your shyness, whether at work or indeed your personal life, it is of vital importance to be able to open up to and communicate with people. If you're the type of person that keeps to yourself, never let that prevent you from taking advantage of life's opportunities. Remember, working to overcome shyness can have a massive impact you, your career and your future well-being.



Remember, You CAN overcome shyness **- Start Small,** with what you already know! and work on from there.

"I always felt awkward and shy and on the outside of the momentum of my friends' lives."

~ Steven Spielberg ~



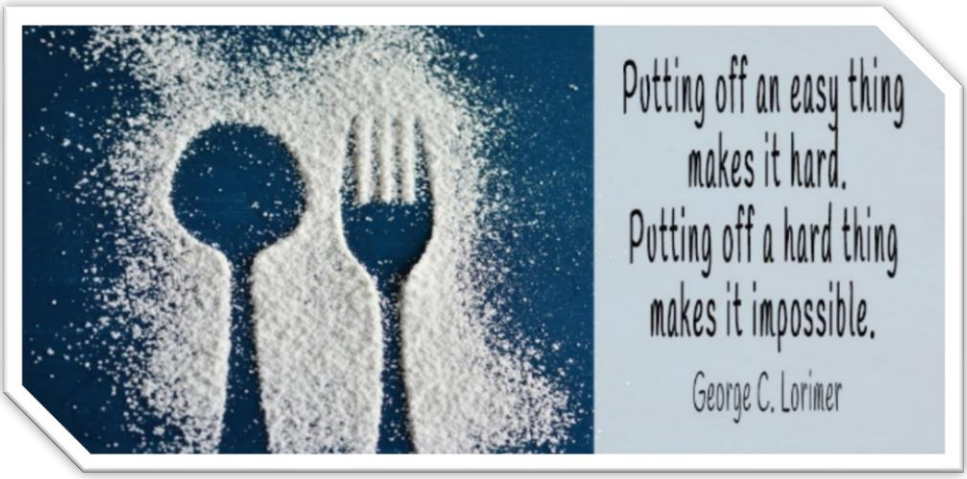
STRATEGIES TO OVERCOME PROCRASTINATION

Procrastination means to delay or postpone something unnecessarily, despite knowing that there is every likelihood that there will be an adverse or negative consequence for not doing so. It can cause many problems in your life, fortunately it is a bad habit that you can change if you choose to put in the effort.

Your first step is to determine why you are procrastinating, which means you need to ask yourself some searching questions: -

- Are you afraid of failure?
- Do you fear success?
- Is your inner critic telling you that nothing you do is ever good enough?
- Something else – Like a Relationship Issue or a Perceived Personality Type?

Whatever, the reason for your procrastination, it is more than possible that with a little effort, you can take positive action and make it a thing of the past - allowing you to enjoy a more successful and fulfilling life.



Here are Twelve Strategies that you can try!

1. Do the difficult bit first! Once you get the hardest and most unpleasant tasks out of the way, you will have gained a sense of pride in what you have achieved and accomplished. Everything else will seem easier after that.

2. Break down the BIG projects into smaller ones. Set about completing one piece, then move on to another part of the project. Eventually each block of work will all add up to a completed project.

3. Schedule your work time and break times. Rarely, should it ever be necessary to work long hours without breaks, in order to complete any given task - just be consistent and focused on your efforts for short periods of time. For example, work for 25 minutes, then take a 5-minute break. Do this for four sessions, then take a longer break such as 15 to 30 minutes. Continue your schedule in this manner until you have completed the task.

"Procrastination is the bad habit of putting off until the day after tomorrow what should have been done the day before yesterday."

~ Napoleon Hill ~

4. Transform your tasks. If you find the task dull and boring or difficult to do, then teach yourself to turn these negatives into positives. For example, if it is a dull and boring task, then promise yourself a nice reward or treat when it's done. If the task is difficult, be excited about the new skills and knowledge that you will have gained in the process of accomplishing it?

5. Avoid perfectionism. Remember that most tasks rarely have to be absolutely perfect; They just need to get done. All you can ever do is your best, and try not to miss your deadline.

6. Keep your work area organized. Make sure you have everything you need to do the job in place, so you can access them as required. If you are using a computer, keep your folders and file names with associated keywords in them so that they accurately describe the contents.



7. Ask for help if you need it. Sometimes a project might seem really overwhelming. Never be afraid of asking others who have the necessary skills and expertise, for their advice and guidance when you need help you get the job done.

8. Establish your priorities. Deadlines are a fact of life. Determine what must be done first, but be prepared to be flexible in your approach and in a position to be able to switch from one task or project to another. For example; if your current assignment is due at the end of the week but another new one lands on your desk and needs doing by the end of today.

9. Manage your time effectively. Use planners and diaries to keep track of all deadlines. Give yourself a cushion of extra time so you are not too stressed and working down to the wire.

10. Turn off your inner critic. Whilst you are working, just let your work flow naturally; i.e. If you are writing, don't agonize over every word or typo. Do the edits and review at the end as you push towards your deadline.

11. Focus on finishing. Avoid excessive work rates at the start of a task or project that result in the progress dwindling away before completion. Stay focused and consistent on getting the job completed.

PROMOTION

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https://areteonline.org/traffic/freesignup.html

This FREE offer is for a limited time only and may be removed at any time!

12. Reward yourself after the work is complete. Treat yourself to a nice meal, Book tickets to the Cinema, or organize a fun activity once the work is finished.



Once you have tackled the undesirable and really bad habit of procrastination, and mastered the best strategies and methods (that suit you) in order to overcome it, then you will soon start to create an impressive track record of accomplishments, of which you can be justly proud. Overcoming procrastination is very much a milestone in managing Self-Control & Self-Development, and will undoubtedly benefit you and others enormously.



THE CRUCIAL ACT OF BALANCING SELF-ESTEEM

Having a healthy and balanced sense of self-esteem is a major key to living a healthy and fulfilled life. However, there are two sides to every coin, sometimes self-esteem can become something else - namely, an unbalanced ego. So how do you know if you are simply being confident, or if you are deceiving yourself?

Healthy Self-Esteem

You can best describe a healthy self-esteem as one whereby you possess the ability and confidence to be honest with yourself and love yourself, regardless of any situation or circumstances. A healthy esteem encourages you to live your life to the fullest, make bold but good choices, and to keep going even when mistakes are made.

> **Self-worth comes from one thing - thinking that you are worthy.**
>
> **~ Wayne Dyer ~**

Low Self-Esteem

An unhealthy self-esteem goes two ways. On the one hand, it leaves you with zero confidence as well as an unrelenting fear of making mistakes. This is typically called low self-esteem. On the other hand, an over-inflated self-esteem is also unhealthy. This is a form of self-deception that deceives you into believing that you are better than everyone else and that you can do anything, even to the point of ostracizing your friends and family.

The Dangers of Unbalanced Self-Esteem

Either way, an unbalanced sense of self-esteem can lower your quality of life. People with low self-esteem often miss out on some of the best things that life has to offer. Either they are too afraid to make a mistake, or they feel that they are not worthy of happiness. This type of existence only holds them back and stops self-fulfillment in its tracks.



Relationships

An over-inflated sense of self-esteem puts the person in the unenviable position whereby they often lose friends and are unable to maintain long-term or close relationships. Outwardly, people with an over-inflated sense of self-esteem come across as arrogant or mean-spirited. They also are perceived as being two-faced by nature or disingenuous.

Deceiving Yourself and Others.

Typically, however, an over-inflated self-esteem is a sign that it is the exact opposite to its outward appearance. People like this are often hiding their true selves, and are actually riddled with **LOW** self-confidence. The false mask of bravado is not true self-esteem, and this outward confidence is really just a form of self-deception.

Understanding the Meaning of Self-Esteem

Healthy self-esteem is defined as having confidence in your own self-worth, an inner sense of self-respect. You are not respecting yourself, if you do not have the belief that you are worthy of respect and happiness, nor are you respecting yourself by hiding behind an inflated ego.

Being Honest with Yourself is Key.

To truly find your own self-worth and build an evenly balanced and healthy self-esteem, you first and foremost, have to be honest with yourself. You must endeavour to stop hiding behind fear or any false sense of confidence. To be consistently honest with yourself is often more difficult than being honest with another person.



I make conscious choices daily to control and change my life.



Summary.

Self-esteem is a fine balancing act that everyone at some point, has to address. You must place yourself in the position of being able to identify your true self. Learn to recognise how you're your self-esteem affects not only you and your relationships, but of those around you as well. Ask yourself if your perception of yourself is the same as others perceive it to be? Start to work on your view of the world as a whole, and make real changes that could substantially improve your life for the better!

"Until you value yourself, you won't value your time. Until you value your time, you will not do anything with it."

~ M. Scott Peck ~



DON'T FEEL GUILTY ABOUT PRIORITIZING YOURSELF

One of the worst things anyone can ever do, is to feel culpable or excessively guilty for wanting to put themselves first and long for some free time exclusively for themselves.



In fact, putting yourself first is the reverse of being selfish. So, there is absolutely no valid reason to feel guilty. Let us examine together a few ways to lessen and even eliminate, your guilt about prioritizing yourself.

Most of us experience feelings of guilt because we feel that we will be letting others such as friends and family down, and failing in our perceived moral duty to put them and their needs ahead of ourselves.

The first thing to remember is that your family loves you, and your friends value your friendship! You will quickly discover that their response will be just fine and your wishes to dedicate a portion of your time to yourself will be respected, especially when it comes to your health and well-being. They will want you to be happy and fulfilled.

Take time to carefully explain why this period of **'me' time** (15 minutes, an hour or even a day) is really important to you, and they will soon respect it. You will also be pleasantly surprised as they will no doubt reinforce your decision with lots of encouragement. Even if they don't quite understand your reasoning at first, they will soon come around to the idea. The well-known Life Coach & Author – **Tony Gaskins** says ***"You teach people how to treat you by what you allow, what you stop, and what you reinforce."*** experienced words of wisdom that we should all take note of!

Learn to say 'NO'.

You know that your friends care about you – and you also know that like most people, (even your best friends) they will take advantage of you if you allow them to! It's not that they don't care about you or that they necessarily mean to take unfair advantage. It's the fact that if you consistently say **'Yes'** they will just assume that you will always say **'Yes'.** You should try saying **'No'** occasionally and you will soon discover that your friends will stop making assumptions about you and will understand that you do have limits and boundaries, thereby gaining their respect and understanding.



You'll Enjoy Life More!



When you have some downtime that is exclusively for you alone, you are then in the position of being able to do whatever it is that you most enjoy or love doing (whether that is reading, painting, walking, or meditating), whatever the activity is that fulfils your desire, will result in you becoming a happier, more well-rounded person who values and enjoys their life a lot more. In other words, you will be taking care of your own well-being and be fulfilled in your life. Surely, this is what your friends and family would wish for you.

Prioritising Yourself is a Vital Requirement Not an Option!

The fact is, you should not feel guilty for doing something that is beneficial to your well-being. It really should be a vital requirement in your life. It certainly should never be an option to take good care of yourself. If you don't make the effort and strive to take care of yourself, you will be both unhappy and unproductive.

What happens if YOU get SICK?

When you consistently put others first and don't allow sufficient time for yourself, then you should be aware that it will inevitably result in you becoming exhausted and physically drained. With your body's resources at such a low point, you are more than likely to end up sick. So, consider this, what happens when you do fall sick? and you end up going to bed for a few days with the flu or other illness - does the world fall apart, because you're not at everybody else's beck and call? - The answer is a resounding **'NO'!** The honest truth is, that had you have taken the time to care for yourself in the first place, your chances of falling ill would have been greatly reduced!

Transferring Your Negative Feelings to Others.

It may be hard to believe, but when you're overworked and habitually say **'Yes'** to things you would really rather not do, **it shows!** You should understand that people may not always be able to interpret the actual reasons behind your lacklustere attitude, behavior, or energy, but they just sense that something is off and you don't seem your usual self. This has the effect of making people feel uncomfortable around you, without necessarily understanding the reasons why.

You Can Only Take Responsibility to Control Yourself!

Some people have a hard time with guilt complexes when they unnecessarily, take it upon themselves to assume ultimate responsibility. This is because they believe deep down, that things just won't get done right if they're not doing it. However, the stark truth is, that it is just **NOT** Your Problem! You can only ever take responsibility to control yourself; You cannot and should not ever attempt to control anyone else. That is not to say that you shouldn't offer any help or advice where appropriate, but never in a forceful or controlling way.

Prioritizing Yourself Doesn't Mean Neglecting Others.

Some people think that **"me" time** means that you neglect others. That's just not true. You just have to learn to differentiate between **'needs'** versus **'wants'**. Your **'needs'** are always a priority over your **'wants'**. You need time to yourself and you need to take care of yourself. Needing to ensure your family is well looked after is for example, far more important than you wanting to buy a new dishwasher or you wanting the latest designer gadget.

To Summarize:

The more you learn to put your needs before everyone's wants, the happier, healthier, and better you will be at everything that you do. If you won't put yourself first, rest assured that no-one else will - Not your partner, not your kids, and not your Friends or Work Colleagues. It is your duty and responsibility alone to take control of your ultimate destiny and well-being.



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