

Self - Acceptance

The foundation of anyone's ability to cope successfully is high self-esteem. If you don't already have it, you can always develop it. - Virginia Satir

Developing Self Acceptance

Our Core beliefs - true or false, real or imagined - form the inner compass that guides our choices. At the heart of our core beliefs is the statement I AM _____. How we complete that statement in the quiet of our souls has a profound effect on the quality of our lives.

High self-esteem is the fuel that can propel us into the cycle of success. Do we approve of ourselves as we are, accepting of our personal weaknesses along with our strengths? Do we believe ourselves capable, admirable, lovable, and fully worthy of the best life has to offer? If so our beliefs will make it possible for us to make wise choices and stay on course to succeed.

Imagine two people: One with high self-esteem, the other with low self esteem. Picture them just after they get very disappointing test scores. What do they do next? The student with low self-esteem will likely choose options that protect his fragile self-image, options such as dropping the course rather than chancing failure. The student with high self esteem, on the other hand, will likely choose options that move her toward success, options such as persisting in the course and getting additional help to be successful. Two students, same situation. One focuses on weakness. One focuses on strengths. The result: two different choices, two very different outcomes.

The good news is that self-esteem is learned, so anyone can learn to raise his or her self-esteem.

People with high self-esteem know that no one is perfect, and they accept themselves with both their strengths and weaknesses. Philosopher Reinhold Niebuhr: Successful people accept the things they cannot, have the courage to change the things they can change, and possess the wisdom to know the difference.

In this activity, you will explore your strengths and weaknesses and the reputation you have with yourself. This exploration of your self-esteem will allow you to begin revising any limiting beliefs you may hold about yourself. By doing so you will take a major step toward success.

Journal Entry 1: Write a list of ten or more of your personal strengths. *For example, mentally: I'm good at math; physically: I'm very athletic; emotionally: I seldom let anger control me; socially: I'm a good friend; etc....*

Journal Entry 2: Write a list of ten or more of your personal weaknesses. *For example, mentally: I'm a slow reader; physically: I am out of shape; emotionally: I'm easily hurt by criticism; socially: I don't listen very well.*

Homework: Google "Self - esteem" and "How to raise self esteem" In order to answer the following questions.

Journal Entry 3: What is self - esteem and why is high self esteem so important to succeed?

Journal Entry 4: What can you do to raise self-esteem?