

Sorry, who are you? 7 lessons in Self-Importance

By Rebecca Wells

Treat yourself as you wish to be treated

Have you ever been shrugged off by someone else? Perhaps they failed to return your phone message or they just outright ignored you.

How did that feel? Rotten, right?

Now unless you choose to put yourself first, listen to what you want to say and live the life you want to live then you're ignoring yourself in just the same way. And if you treat yourself like that, then won't other people too?

How we see 'self-esteem' is very simple. If you have high self-esteem, it means that you believe that YOU matter.

If you believe that YOU matter, it means:

- You refuse to compromise on what is MOST important to you
- You are clear on what you value and work every day towards making sure those values are met
- You put yourself first (when appropriate)
- You respect yourself

The funny irony

The funny irony is that the more you put yourself first and make sure that YOU matter... other people will start treating you that way too.

Let's go back a step.

Have you ever wondered why certain people are more prone to bullying?

Or why some people always adopt the 'martyr' role when put in a situation of conflict?

The reason why is that they are playing out a pattern of behaviour that is familiar to them...

- They do not stand up for what is important to THEM
- They allow other people to cross their boundaries
- They accept that their values can be compromised

Let's make YOU your number one priority

So here are our 7 Lessons in Self-Importance, to help you take action and make YOU your number one priority:

1. Values

Ask yourself: "What are the 5 things in my life that I value most and how can I ensure they remain my focus and priority?" (If you get stuck, use this: "The most important things to me in my life are...")

2. I matter to the world

Ask yourself, "What one thing can I do every day to show MYSELF that I MATTER?"

3. I love me because...

Write a list of all the things you like about yourself. It might be the way you laugh; the shape of your nose; your ability to see other people's strengths.

4. Sweet self talk

Consider how you speak to yourself. Does your inner monologue berate, harass or scold you? If so, decide to change those thoughts. Focus on your strengths instead; tell yourself you CAN achieve what you want; and then find the behaviours and actions that will support you.

5. Get yourself straight

Change your physiology. You can't 'do feeling low' with a straight posture and a strong, confident look on your face. It's amazing how such a simple realignment of your body can change how you feel.

6. Seek some other views

Ask 3 people, whose opinions you respect, what they value about your relationship. Ask them what they like most about spending time with you. Bask in their compliments and praise! And... if you do receive some feedback you don't like, then look at it objectively (do not take it personally) and if you want to, make some changes!

7. Listen to a master

Eleanor Roosevelt is commonly quoted all over the place and for good reason. One of her gems is this:

"No-one can make you feel inferior without your consent."

We say, invest in YOU today and always!!

If you are ready to make some positive changes to your life and/or career, contact Rebecca Wells today to book an Introductory level 60 minute coaching session.

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