



### Self-Esteem Handout

Hi there!

Thank you for attending today's session! I'm Jules Hobbs of Hobbs Holistic Health and wanted to create this handout to support what we covered today and provide you with some activities, personal recommendations and resources to continue your self-development and mindfulness journey.



You can contact me @hobbsholistichealth on Instagram or email [juleshobbshealth@gmail.com](mailto:juleshobbshealth@gmail.com) if you have any questions or would like to find out more about what I could offer to your wellbeing journey. I offer a range of corporate self-development and fitness sessions via zoom.

### **Your Exclusive Invitation!**

Many of you have asked for longer sessions within the COA feedback and I took this into consideration when creating a goal-focused online Wellness Workshop. After the success of the first session I have arranged a repeat class for anyone who was unable to make the first one that took place last week.

During this session we will explore our "why" and what motivates us, consider barriers to success and challenge our inner critic before creating a plan to succeed. The session will end with a mindfulness meditation.

Join me on Wednesday, 2<sup>nd</sup> September at 7pm BST, the session is just under two hours long.

You can purchase your ticket on [Eventbrite](https://www.eventbrite.com) and use your exclusive promo code "COA" for 20% off, making your ticket just £12 plus a small Eventbrite fee. Ticket sales close an hour before the event start time.

I hope to see you there!

### **Self-Esteem**

Today's session was on self-esteem and this handout should be used in conjunction with the live or recorded COA session to ensure you fully benefit from the content.

Self-esteem refers to one's overall sense of his or her value or worth. According to self-esteem expert Morris Rosenberg it is, simply put, one's attitude towards oneself. Self-esteem is heavily based on our thoughts and is very internalised on how we see ourselves.

Your self-esteem can vary throughout life and are influenced by factors such as personality, life experiences, age, health, thoughts, social circumstances, comparing yourself to others and more.

Self-esteem is similar to self-worth with a small difference: self-esteem is what we think, feel and believe about ourselves while self-worth is the recognition that we are valuable human beings worthy of love. Adia Gooden says that self-worth is the sense that you deserve to be alive, loved and cared for in her popular Ted Talk (see sources below).

Self-compassion centres on how we relate to ourselves and includes forgiveness and showing internal kindness. It is not the same as self-esteem but can contribute to a healthy sense of self-esteem.

Also consider self-talk, the internal dialogue in your mind.

These subjects have all been touched on in past subjects in the [COA Video Hub](#), simply search “Jules Hobbs” in the search bar and you will find all our past sessions.

We discussed numerous examples of both low and high self-esteem during the session which were collated from a number of sources, all found below. If you want to re-read some of these, I’d recommend you take a look at the Positive Psychology article.

Ways to increase your self-esteem:

1. Surround yourself with people who lift you up/ make you feel good.
2. Give back by helping others.
3. Celebrate your achievements, no matter the size.
4. Do what makes you happy.
5. Focus on the things you can change (and let go of what you cannot).
6. Let go of perfectionism – we are all perfectly imperfect!
7. Ignore the media and marketers who tell you that you’re not good enough!
8. Create a positive internal dialogue and speak to yourself as you would a friend or a small child avoiding statements of guilt and shame.
9. Master your inner critic.
10. Compliment yourself (see the task below).
11. Own your uniqueness.
12. Accept failure as a learning curve.
13. Be prepared to pivot and adapt.
14. Look back on how far you’ve come and remind yourself of everything you’ve achieved.
15. Meditate and practice mindfulness – Mindfulness Based Stress Reduction exercises (MBSR) are recommended to help improve self-esteem.
16. Use visualisations, positive affirmations and mantras.
17. Refrain from comparing yourself to others.
18. Limit social media consumption.

## Exercises

1. During the session we listed ten things we liked about ourselves. These could be physical attributes, personality traits, strengths, things we’ve achieved. I’d like you to put a reminder in your phone for the next few days to look in the mirror each day and say three things that you love about yourself!
2. Review your social media consumption. Unfollow or mute people who don’t make you feel good and find inspiring pages, feeds and hashtags. Maybe even set a time limit if you spend hours scrolling.

### **Positive Affirmations**

As so many of you requested these, here is the list of positive affirmations that I used for today's meditation sourced from [Positivepsychology.com](https://positivepsychology.com):

- Mistakes are a stepping-stone to success. They are the path I must tread to achieve my dreams.
- I will continue to learn and grow.
- Mistakes are just an apprenticeship to achievement.
- I deserve to be happy and successful.
- I am competent, smart, and able.
- I am growing and changing for the better.
- I love the person I am becoming.
- I believe in my skills and abilities.
- I have great ideas. I make useful contributions.
- I acknowledge my own self-worth; my self-confidence is rising.
- I am worthy of all the good things that happen in my life.
- I am confident with my life plan and the way things are going.
- I deserve the love I am given.
- I let go of the negative feelings about myself and accept all that is good.
- I will stand by my decisions. They are sound and reasoned.
- I have, or can quickly get, all the knowledge I need to succeed.

### **Sources**

<https://positivepsychology.com/self-esteem/>

[Meet Yourself, A User's Guide to Building Self-Esteem](#), Niko Everett, Ted Talks

[Unconditional Self Worth](#), Adia Gooden, Ted Talks

Mindfulness, A Practical Guide to Finding Peace in A Frantic World, Mark Williams & Danny Penman (Book)

A Mindfulness-Based Stress Reduction Workbook, Bob Stahl, PHD & Elisha Goldstein, PHD (Book)

The Mindset Mentor, Rob Dial (Podcast)

[The legend that is Brene Brown...](#) Multiple books, Ted Talks and podcasts

### **Book, Podcast & Application Recommendations**

Here are a number of books, podcasts and apps that have really helped me over the years in my journey with managing stress and anxiety through mindfulness. These recommendations are based purely on my own experience.

The Mindset Mentor, Rob Dial (Podcast)

Mindfulness, A Practical Guide to Finding Peace in A Frantic World, Mark Williams & Danny Penman (Book)

Exclusive content to accompany Community Online Academy sessions, Aug 2020  
Jules Hobbs, Hobbs Holistic Health

A Mindfulness-Based Stress Reduction Workbook, Bob Stahl, PHD & Elisha Goldstein, PHD (Book)

How to Fail, Elizabeth Day (Podcast & Book) – reflecting on how failures make us who we are and helps to build resilience

Happy Place, Fern Cotton (Podcast & Book)

Mastering Your Mean Girl, Melissa Ambrosini (Book)

The Melissa Ambrosini Show (Podcast)

Good Vibes, Good Life, Vex King (Book)

Insight Timer (app) – meditation and mindfulness

Headspace (app) – meditation and mindfulness

Blinkist (app) – Summaries of self-development books in “blinks” that you can read or listen to. Mindfulness, A Practical Guide to Finding Peace in a Frantic World and Resilience, Eric Greitens and Option B by Sheryl Sandberg are featured on here.

## **Support**

Emotions can be overwhelming and I’m very aware that a short session with so many people in attendance could spotlight some intense feelings.

Remember, that it is OK to feel down or to have a good cry. These emotions will usually pass. If you’re still feeling down or uneasy, please contact the person who’s name you wrote down at the start of the session to talk through. Journaling and getting it all onto paper can also help!

Should you still be feeling uneasy there are people who can help, please reach out to a professional, i.e. your GP (General Practitioner). There are also dedicated websites available such as this one to help you during this tumultuous times: <https://www.mentalhealth.org.uk/coronavirus>.