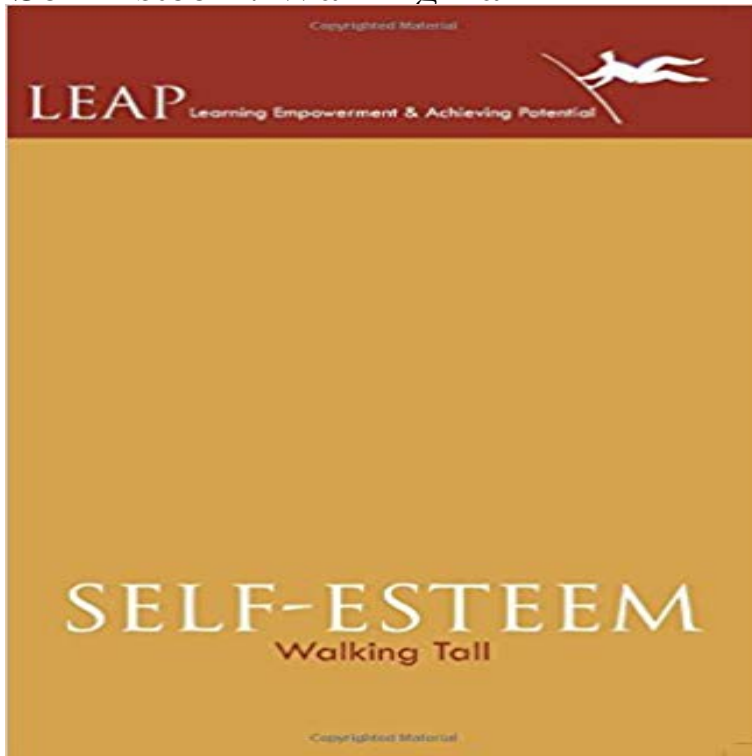


## Self-Esteem: Walking Tall



Positive self-esteem is the starting point of all achievements. If you are not able to believe in yourself, how can you expect other people to do so? Self-esteem is not what other people think you are - it is the way you think you are. It is built from birth and, contrary to what many people imagine, can be changed consciously or unconsciously at any stage of life. Positive self-image is very important, because all your actions depend on it. If it is high, your output increases in direct proportion. Positive self-esteem leads to confident actions and right decisions. Negative self-esteem leads to lack of self-confidence, timidity and procrastination during decision-making. The real you is a unique being with enormous potential for experiencing and extending love, both toward yourself as well as to others. As your self-esteem grows, this real person emerges. You begin to take risks and not be afraid of failure; you are not as concerned about the approval of others; your relationships are more rewarding; you pursue activities that bring you joy and satisfaction; and you will make a positive contribution to the world. Most importantly, high self-esteem brings you peace of mind... you truly appreciate the person you are. Every person has the capacity for high self-esteem. The question is, are you ready to make a commitment to increasing your self-esteem? You must have the spirit to accept yourself as a bundle of possibilities and undertake the most interesting game in the world - making the most of yourself.

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