

Facing Forward



A B O U T F A C E

How do you esteem yourself? By John Balogh

...continued from newsletter



Here is what I've noticed. A lot of people mistake self esteem with feeling good about yourself because you are being esteemed by others. Everyone loves a compliment or the continuing support of good friends. But it is hard to live a confident and fulfilling life if your self-esteem is solely based on the voices of others. It's nice that your partner, friend or colleagues think you're great but do you think you're great? A better route to self-esteem is learning to esteem yourself.

How often to you actually stop to acknowledge when you've done something well, that you're living your core values or, that you just plain think you're great?

You are the loudest voice in your head. You are who holds the ultimate sway over your life. Are you a fan of you and, like in any good relationship, do you take the

time to say so? Or without your friends around, do your gremlins take over to tell you that you're unworthy, no good, and a fraud?

One of things we do around our family dinner table every night is to acknowledge, out loud, those things in our day that we feel good about. It is simple to do, but oh so powerful to actually hear your voice as you say those things that are good about you and how they showed up in your day. Writing those things down is another good way to mark the real positives in your life.

It's important to remember to esteem ourselves, warts and all. What makes us unique and perfect is the reality that we all have failings and imperfections. In celebrating those differences we truly celebrate and accept ourselves.

To me, esteeming ourselves is one of the most important things we can do in our journey of accepting and loving ourselves. It is in self-acceptance and, yes, self-esteem, where we build a solid structure to live a happy and fulfilling life.

So try it, every day. Esteem yourself! I guarantee, it will feel good! 😊

John Balogh has been involved with AboutFace for many years as a client, volunteer, supporter and ambassador. He has applied both his personal and professional experience, and training and knowledge into helping AboutFace develop and implement supportive services to help support others.

Today, John is personal coach. If you would like to learn more, contact him at jdbalogh@shaw.ca. Parents and adults are welcome to join our monthly support calls. Check out the AboutFace website to find out when the next call is, and try it out.