

20 LAWS OF SELF ESTEEM

1. Accept yourself confidently as you are.
2. Never do anything in private that you would not want the world to know.
3. Think the best and expect the best of yourself at all times.
4. Become your own best friend.
5. Perform to the best of your ability in all your endeavors.
6. Put no other person before yourself; including your friend, child, mother, father, lover, husband, or wife.
7. Develop and nourish your inner self continuously.
8. Listen and be open to your inner promptings and follow your intuition.
9. Hold yourself in high esteem and accept that there is a larger force in the universe that operates independent of you.
10. Know that there is a force that keeps the universe together, and that all things are always working out as they should.
11. Think for yourself, trust your judgment, and make your own decisions.
12. Worry less and trust your decision making ability.
13. Become a decision maker.
14. Be a mover and doer of goodwill for yourself and all of humanity.
15. Treat yourself with kindness, dignity and self-respect.
16. Guard the words that fall from your lips. Make them words of joy, happiness, and goodwill towards all, including yourself.
17. Avoid comparing yourself to others.
18. Expect the best from all people at all times including yourself.
19. Constantly seek ways to improve yourself.
20. Strive towards excellence in all you do, say, and think.

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