

LOVE YOURSELF FIRST!

Boost your self-esteem
in **30 Days**



MARC REKLAU

LOVE YOURSELF FIRST!

Boost your self-esteem in 30 Days

How to overcome Low Self-Esteem, Anxiety,

Stress, Insecurity, and Self-Doubt

Marc Reklau

LOVE YOURSELF FIRST . Copyright © 2018 by Marc Reklau

All rights reserved.

Cover design by lauria

Without limiting the rights under copyright reserved above no part of this book may be reproduced in any form or by any electronic or mechanical means including information storage and retrieval systems, without permission in writing from the author. The only exception is by a reviewer, who may quote short excerpts in a review.

Disclaimer

This book is designed to provide information and motivation to our readers. It is sold with the understanding that the publisher is not engaged to render any type of psychological, legal, or any other kind of professional advice. The instructions and advice in this book are not intended as a substitute for counseling. The content of each chapter is the sole expression and opinion of its author. No warranties or guarantees are expressed or implied by the author's and publisher's choice to include any of the content in this volume. Neither the publisher nor the individual author shall be liable for any physical, psychological, emotional, financial, or commercial damages, including, but not limited to, special, incidental, consequential or other damages. Our views and rights are the same:

You must test everything for yourself according to your own situation talents and aspirations

You are responsible for your own decisions, choices, actions, and results.

Marc Reklau

Visit my website at www.marcreklau.com

“ To be yourself in a world that is constantly trying to make you something else is the
greatest accomplishment. ”

Ralph Waldo Emerson

Table of Contents

Introduction

Part I - You are in Control

- 1 - Take full responsibility for your life.
- 2 - Stop complaining
- 3 - Take your own decisions
- 4 - Stop gossiping
- 5 - Honor your right decisions.
- 6 - Believe in yourself
- 7 - Stop blaming others for your troubles
- 8 - Don't criticize others
- 9 - Stop judging
- 10 - Give up guilt
- 11 - Don't listen to your inner critic.
- 12 - Stop competing
- 13 - Keep your word
- 14 - Take action. Make it happen.
- 15 - Stop talking, start doing
- 16 - Stop procrastinating on your goals

Part II - The Inner Work

- 1 - Know yourself
- 2 - Love yourself first
- 3 - Accept your emotions
- 4 - You are not your actions
- 5 - Overcome perfectionism
- 6 - Beware of false self-esteem
- 7 - Level up your self-worth
- 8 - Nobody is better than you
- 9 - You are enough

10- Don't take criticism personally

11 - Don't be too hard on yourself

12 - Gracefully accept praise

13 - Watch your inner dialogue

14 - Self-concept is destiny

Part III - Be Authentic

1 - Accept yourself as you are. Basta.

2 - Admit your mistakes

3 - Be authentic. Be you!

4 - Don't be a perfectionist

5 - Don't change just to please others!

6 - Ignore other people's opinion of you

7 - Stop caring about other people's opinions about you

8 - Stop comparing yourself to others

9 - Live your own life

10 - Stop running away from your problems

11 - Don't depend on other people's approval

12 - Fulfill your needs first

13 - Stop spending time with the wrong people

14 - Choose your relationships wisely

Part IV - Happiness is a Choice

1 - Become a benefit finder

2 - Become a receiver

3 - Enjoy the small things in life

4 - Celebrate your victories

5 - See the glass half full

6 - Be grateful for what you have

7 - Create a positive environment

8 - Create your own luck

9 - Be positive

10 - Smile a lot

11 - Pamper Yourself

- 12 - Create your own happiness
- 13 - Write in your journal
- 14 - Look on the bright side
- 15 - Perform one selfless act every day

Part V - The Power of Focus

- 1 - Focus on what you want
- 2 - Focus on your strengths
- 3 - Do work you love
- 4 - Learn and practice new skills
- 5 - Keep improving
- 6 - Find your purpose
- 7 - Mistakes are inevitable. Learning is optional
- 8 - Don't give up
- 9 - Failure is a lie
- 10 - Make mistakes
- 11 - Pain is temporary, suffering is optional.
- 12 - Don't beat yourself up over your mistakes.
- 13 - Freeeeedooooom!
- 14 - Use criticism as feedback

Part VI - Body & Mind

- 1 - Take some "Me-Time."
- 2 - Treat your body like a temple
- 3 - Exercise for 30 minutes. At least three times a week
- 4 - Take time off for fun
- 5 - Spend more time with your family
- 6 - Take a walk every day.
- 7 - The Power of Meditation
- 8 - Use affirmations
- 9 - Use the Power of Visualization
- 10 - Change your body language and image
- 11 - Turn off your TV
- 12 - Learn to say NO

[13 - Set boundaries and thrive](#)

[Part VII - Be Here, Now](#)

[1 - Be happy now](#)

[2 - Be nice](#)

[3 - Be prepared](#)

[4 - Be the change](#)

[5 - Make a difference - The Power of One](#)

[6 - Forgive everyone](#)

[7 - Forgive yourself](#)

[8 - Don't take rejection personally](#)

[9 - Let go of the past](#)

[10 - Don't be jealous](#)

[11 - Pay attention and enjoy your life as it happens](#)

[12 - You are not what happened to you in your past](#)

[13 - Give up dwelling on the past or worrying about the future](#)

[14 - Show everyone kindness and respect](#)

[Epilogue](#)

[About the Author](#)

[Marc's other books](#)

[One last thing...](#)

Introduction

Let's talk about a very important subject. Self-esteem.

Our self-esteem impacts all aspects of our life: our relationships with others, our level of self-confidence, our professional success, our happiness, our inner peace and the success that we aim to achieve in future. It's also the underlying cause of most psychological disorders - not only on an individual level but also on the societal level.

Over the years, I've seen people making quantum leaps and reaching their greatest goals by just making one single adjustment: Raising their self-esteem.

People with low self-esteem are highly probable to making bad decisions when choosing their partners, projects, or jobs. They are less motivated and less likely to achieve their goals, and their performance is low. If they achieve goals and success, they can't really enjoy them. Their constant need of approval makes them very dependent on other people's opinions, and they constantly feel they are victims of circumstances. They are usually very hard to themselves and don't deal well with criticism. Low self-esteem causes unhealthy anxiety, depression and many psychosomatic symptoms, including insomnia.

Of course, I'm speaking in general terms, and every person is different and has to be examined differently, but those are the characteristics that commonly show up in people with low self-esteem.

People with high self-esteem, on the other hand, have confidence in themselves. They allow themselves to make mistakes without feeling guilty. They are always looking for new ways to learn and growth opportunities. They consider themselves worthy - even when criticized - and have a positive attitude towards themselves and others. They don't feel uncomfortable admitting their mistakes, weaknesses, and vulnerability and live entirely in the present. Having healthy self-esteem basically, means to be happy with yourself and to believe that you deserve the good things life has to offer.

Knowing all the dramatic effects of low and high self-esteem, the question for every one of us becomes "how can I get from low to high, from unhealthy to healthy, how can I enhance my self-esteem?"

Unfortunately, when we look around us, we see that there is a lot of work to do in the self-esteem area. The reason is that during our childhood and youth we might have developed limiting beliefs that are rooted in our subconscious and while it's fun to blame our parents or teachers or everybody else for our low self-esteem, it doesn't really help us to overcome this problem.

We have to take responsibility and become aware that no matter what happened in our past, we are capable of rewriting our story, of building healthy self-esteem. The best is: There are no secrets to it. It's changing the opinion that you have of yourself by modifying the beliefs you have about yourself, your life, your abilities, and your intrinsic

value and the book you hold in your hands will help you with it. It will help you get rid of damaging beliefs like “I’m a helpless victim and have no power over what happens in my life,” “I’m not good enough,” “I don’t deserve good things in my life,” “There is something bad in all of us.”

If you make the effort and time to work on your self-esteem, the rewards will be awesome:

Higher self-confidence, better social relationships, better work relationships and just making peace with your life are some of them. Criticism from others won’t bother you anymore. You will be able to freely express your thoughts, feelings, values, and opinions because your self-worth no longer comes from the acceptance of others. You’ll be better able to deal with difficulties, anxiety, depression, and the inevitable hardships that arise. You’ll simply experience more happiness and enjoyment in all areas of your life.

Sounds good, right?

How to use this book

There are many ways to use this book. Read the whole book first and get used to the concepts. Some of them will be easy to accept and like, others will be more difficult to accept. Don’t worry. You are not the only one this happens to.

Then, read the book a second time and start working. You can start at the beginning and do one exercise after another, or you can just do the exercises you like best, first. Work through the book at your pace and don’t let the simplicity of the exercises fool you. Although many concepts and ideas are quite simple, they can improve your life significantly.

Anyways, just reading the book will not be enough. If you want to improve your self-esteem, you also have to put in some work. I promise you it will be worth it.

On a personal note: Work most on the concepts you like least. Yes, you understood right. Work most on the concepts you like least. Those your mind says “No way. That isn’t true for me.” Many times the things you have to learn are the ones you least want to learn, the ones you reject at first. It’s a mind thing.

Let’s start your journey to raise your self-esteem....Have fun!

Part I - You are in Control

1 - Take full responsibility for your life.

Read closely now my friend. This is one of the most important lessons for your self-esteem in this whole book:

When things don't work out as we want, we are often quick to blame God, the universe or other people for it. I'm sorry that I have to be the one to tell you this: There is only one person that's responsible for your life, and that is YOU! Not your boss, not your spouse, not your parents, not your friends, not your clients, not the economy, not the weather, not the president. YOU!

It's scary, but at the same time liberating. The day you stop blaming others for everything that happens in your life, everything will change. When you assume control of your life and take full responsibility for it, your relationships will improve a lot. Taking responsibility for your life is taking charge of your life. Instead of being a victim of circumstances, you obtain the power to create your own circumstances or at least the power to decide how you are going to act in the face of circumstances that life presents to you.

As a result of this, it doesn't matter anymore what happens to you in your life, but which attitude you adopt in the face of the situation. And the attitude you adopt is your choice.

If you blame your life situation on others, you're giving away your power and depend on the actions of others to improve your life - and that my friend I tell you, is not going to happen. If you take full responsibility, YOU have the power to change the things that you don't like in your life.

You are in control of your thoughts, actions, and feelings. You are in control of your words, the series you watch on TV, and the people you spend your time with. If you don't like your results, change your input - your thoughts, emotions, and expectations.

So my friend - who will you choose to be?

2 - Stop complaining

Are you complaining a lot? If yes - I urge you to stop it right now. Complaining is absolutely useless and benefits you in no way at all. If it had the smallest benefit, I would encourage you to continue complaining, but it hasn't. It's more. Most of the people you're complaining to probably don't care, and there might be some that are even happy you aren't doing well. It makes them feel better and not so miserable in their own skin.

Complaining and the self-pity that comes with it are not very attractive. So, instead of complaining about something, ask yourself how you can improve it. Not happy with your weight? Start walking half an hour a day or exercising and eating healthier. No time to follow your dreams? Get up an hour earlier and do a morning ritual. Not happy with your life? Stop blaming your parents, your boss, the government or the economy and take full responsibility.

Stop the toxic habits of complaining and blaming outside factors for not living a satisfying life right now and start living the life you want. Start making your dreams come true. It won't be easy, but it's definitely doable. Stop complaining about "the circumstances" and start creating your own circumstances. Many before you have done it, so you can too.

3 - Take your own decisions

Isn't it amazing how some people always know exactly what YOU should do in any given situation? They are always ready to give you advice even when you don't ask for it, which is probably most of the time. It gets even worse when their own lives are not coherent with their talk. For example, an obese person advising you on healthy eating, a bankrupt person advising you on finance or a person whose family life is a mess advising you on how to lead a great family life. The list goes on. The only advice I would accept from people who don't walk their talk is: "Do the opposite of what I do."

I made it a golden rule in my life to only take advice from people who have already achieved what I want. Funnily, these are the ones who don't bother you with advice, but when you ask them for it, they happily answer. They don't push their advice on you.

One thing is clear though. You have to take your own decisions. What works for other people is not guaranteed to work for you, and you might have to tweak it a little

according to your personality and your habits. You have the best information on your life, and you know best what works for you.

A good example is this book you hold in your hands. A collection of a hundred things that helped people to raise their self-esteem. You have to play with it and try out how some of these 100 ways work for you, and then keep practicing the ones that work best for you. Taking two or three and practicing them regularly should already do most of the job. When you dominate them, add another two or three and so on.

The problem with other people making decisions for you is that the chances are that things will go the way they want and not the way you want - and even worse if you always let other people make decisions for you, you will never learn to take your own decisions. A good trick is to listen to other people's opinions, listening closely, and then taking your own decisions. First of all, because only you know your personal situation and secondly because you will also be the one who ultimately has to deal with the consequences - no matter who advised you in the first place. So, if you occasionally mess up - at least mess up doing it your own way and not the way other people told you to. They will have an excuse that it wasn't their fault anyway, quicker than the speed of light.

Your decisions won't always be perfect - and they don't have to be. But like I said, it's a lot better to make your own mistakes and learn from them, than to always do what other people want you to do, right? Taking your own decisions only has advantages for you!

4 - Stop gossiping

On the way to a healthier self-esteem, it's inevitable that you need to let go of the toxic habit of gossiping. While at first, it might be tempting to hear the latest rumors on somebody, you might be wondering what the person who tells you the rumors has to say about you when you are not in the room. The same thing happens when you are the one spreading the dirty little stories. Your listeners might ask themselves what you say about them behind their back.

How can you deal with gossiping when it comes up? Change the subject. Say "Oh I'd rather hear about you. What's happening in your life?" or "Sorry, but I don't like talking about people who aren't present."

Gossip and rumors are harmful and destructive. And you know how it is, sometimes we're telling someone a quite harmless story, and as it goes from one person to the

other the story completely changes and can lead to huge misunderstandings

Give up gossiping and have more profound conversations. People will trust you more, and your relationships will improve. Everybody wants to be with a person of integrity.

5 - Honor your right decisions.

We are so fast to torture ourselves because of one or two things that went wrong, because of one or two bad decisions. But what about all the things we have achieved? What about all the right choices?

You know how important focus is, so instead of beating yourself up about past mistakes - which you can't change anymore no matter how much you're beating yourself up - concentrate on all your achievements and celebrate your right decisions.

What are the great things you have achieved so far in your life?

For starters, you are still alive, so you must have done something right. What else?

Did you finish high school, college? Maybe you traveled the world and have lots of great friends? Did you raise wonderful children? Yes. Overcoming major personal setbacks or a bad childhood are also great achievements that should be honored.

What challenges did you overcome? What setbacks did you bounce back from? What successes have you achieved? Now is the time to look back and celebrate them.

The more you acknowledge your past successes, the more you will boost your self-esteem. And because focus comes into the equation you will see more opportunities to celebrate.

6 - Believe in yourself

The first step in raising your self-esteem is to believe in yourself. You have to create this unshakeable belief in yourself because one thing is clear: If you don't believe in yourself, how will you expect anybody else to believe in you?

Take charge of your beliefs and your self-concept. Nobody else can do it better than you!

Start to build your belief in your worth, your talent, and your potential.

I have great news for you: Self-belief can be learned! It might take some time and some training - like everything else - but you can work on it. Albert Bandura found out that 56% of success as an athlete is determined by the athlete's levels of hope, and by how much they believe that they are going to succeed. If that works for an athlete - why shouldn't it work for YOU in your life?

How do you build belief? Repetition! Do your affirmations - even if you don't believe them in the beginning. If affirmations don't work because your inner critic is (still) too powerful, do subliminal tapes, or hypnosis, or Noah St. John's Affirmations. Affirmations are questions. Instead of saying "I have an unshakeable belief in myself and my abilities," which your inner critic could counter with "No, you don't, you are a loser and always will be," Noah would ask "Why do I have such an unshakeable belief in myself? Why does everything I do work out?", and...oh wow...No answer from the inner critic!!

You can also visualize yourself as a person with a great belief in themselves, or you can "fake it till you become it," which means you act, walk and talk like a person with an unshakable belief in themselves.

7 - Stop blaming others for your troubles

Stop blaming others for what you have or what you don't have, for what you feel or don't feel. Blaming others doesn't accomplish anything and annoys anyone around you in the process. Accept that you are in charge of your self-esteem. You can blame your parents, your teachers, failed relationships, the government, your ex-boss, but the only person that is responsible for building your self-esteem from today onwards, is yourself.

When you blame others for things that happen in your life, you give them the power over your life. You become a victim and only "the others" can fix the situation. They have to change (and that won't happen). That my friend is a horrible way to live. Always at the will of others.

Stop giving away your power and take responsibility for your life. Blaming others is just another way of making excuses for your sorry life. Building a successful life on excuses is impossible.

You are the only one responsible for your life choices and decisions, and most of the things that happen in your life are consequences of past actions or decisions. Take responsibility and move on. If the problem is on the outside - caused by the others - it can only be solved by the outside. In that case, you can't contribute to the solution.

That's why you have to own the problem. If the solution of the problem is in your hands, that's when you can solve it. The only person that can make you happy, and the only person responsible for your success - and your self-esteem - is you.

Of course, it's great to blame our parents for all our failures and our low self-esteem. It's also easy. But it's not healthy and will keep you from improving. Will you really let what your mother, or your father, or a teacher said 20 years ago define your life today?

Please don't! Take responsibility. Forgive them. They didn't know better. And instead of saying "My low self-esteem is my mother's fault" and doing nothing, just start working on improving your self-esteem with the exercises of this book. Little by little. You'll be fine.

It will be worth it.

8 - Don't criticize others

Don't do unto others what you don't want others to do unto you. Do you like being criticized? My guess is no. (If you do, congratulations - you must have a healthy self-esteem).

Resist the temptation of criticism. It's a dangerous hobby. It can give you satisfaction, fun or even the feeling of being superior for an instance, but in the long-term, it might cost you some dear friends, and you might even create some enemies. It's one of the habits of toxic people that you don't want to have around you, which means if you criticize a lot, one day people may not want to have you around them.

It's dangerous to focus all the time on the weaknesses of others. You might get so used to that perspective that one day you even turn on yourself. Criticizing is an absolutely useless behavior. The negativity you will spread will affect your own happiness and the happiness of those around you.

Stop worrying about other people's flaws and focus on yourself. Concentrate on improving your life so much that you don't have time to criticize others and always remember one thing: Those who can, DO, those who can't, criticize.

9 - Stop judging

On your way to a happier, more fulfilling life and to building a healthy self-esteem, one toxic habit you have to leave behind is the habit of judging others. Judging goes hand in hand with the bad habits of blaming and complaining and will keep you from becoming happy and developing self-esteem.

Accept others without judging them, and without expectations. Walk a mile in their shoes before you judge them, as you want them to walk a mile in your shoes before they judge you.

Everybody you meet on your journey is fighting their own unique battle, and we have no idea what they are dealing with, just like they have no idea what you are going through.

Just stop judging and show some empathy. It's easier said than done, but there is no way around it.

Did you know that each time you're judging somebody you are actually judging yourself?

The things that bother you the most about others are actually the things that bother you the most about yourself. So, put some thought into it. Be aware of what bothers you most about others and learn from it. Does it bother you that a friend is always unpunctual? Are you punctual? Are you too punctual and it would be good to relax a bit? Once, a friend was complaining to me that his clients always cancel their sessions at the last minute. What he didn't notice was that he often canceled our meetings at the last minute.

Make a list of what bothers you the most about others and reflect on it a bit. What does it say about you?

10 - Give up guilt

Guilt is one of the most destructive emotions, and the world is full of guilt-ridden people. The worst is that it's an unnecessary feeling. A whole book could be written about the uselessness of this emotion. It wouldn't be a problem if we could feel guilty for a couple of minutes and then go on with our lives, but unfortunately, many of us live with chronic guilt. We feel guilty all the time for everything, which takes a hard hit

on our self-esteem. First of all, all guilt focuses on your mistakes, instead of on all the things you're doing well, and second, the painful feeling of guilt could actually lead you to doubt yourself as a person, which is toxic for your self-esteem.

Why do we constantly feel guilty? Because we've been conditioned to feel guilty our whole life. Consciously or unconsciously, since our childhood, our family, friends, society, school, loved ones, and religion has fed our guilt and enforced it through the reward and punishment system.

As children, everybody reminded us constantly of our bad behavior and compared us to other children that were behaving so much better. Guilt was used to manipulate us. The best manipulators know that if you only make a person feel guilty enough, they can be manipulated into doing just anything to get back on good terms. Their weapons of choice were phrases like, "What will the neighbors think?" "You embarrassed us!" "You disappointed us!" "Where are your manners?" Our loved ones used the common phrase "If you would really love me you would _____," and as we learn quickly, we also used the famous "So and so's parents let him do it" on our parents.

The bad thing is that this kind of treatment over some time leads us to feel guilty, even if we didn't do anything bad. Also, for a long time, guilt has been associated with caring. If you really care you have to feel guilty, and if you don't care and don't feel guilty you are a bad person. Nothing is further off the truth.

Guilt shows up in many ways. There is parent-child guilt, child-parent guilt, guilt through love, society-inspired guilt, sexual guilt, religious guilt and the most destructive form of guilt: self-imposed guilt. The later refers to guilt that we impose on ourselves. In many cases, by feeling guilty, we try to show that we are sorry for what we did, but what we are actually doing is torturing ourselves for something we did and can't change anymore. We end up saying what people want us to say, doing what they want us to do and conform to please others which results in the need to always make a good impression.

To recap: guilt doesn't serve you at all; it just causes you real emotional damage and makes you feel despicable. Stop the guilt illusion now. It's the best thing you can do. Guilt keeps you a prisoner of your past and keeps you from acting in the present. There is a huge difference between feeling guilty and learning from your mistakes. Guilt always brings punishment, which comes in many forms including depression, feelings of inadequacy, lack of self-confidence, poor self-esteem, and the inability to love ourselves and others.

The good thing is that the more you work on your self-esteem and your authenticity and being around the right people the less guilty you will feel. Whenever you feel guilty, remind yourself that it is an unnecessary emotion, and learn from the mistake. That's it. That's all you have to do.

11 - Don't listen to your inner critic.

The worst enemy you will ever meet in your life is the one that looks you right in the face when you look into a mirror. It sits right between your ears and is also known as your brain or your mind. No one will ever pass a tougher and more severe judgment on you than YOU. To develop a healthy self-esteem, you have to tame your inner critic.

That little shitty voice that keeps pointing out your mistakes and shatters your self-esteem, thereby putting you down whenever something goes wrong. That inner voice that's always telling you things like "I should have done..." "Why didn't I..." or "what's wrong with me?" "I knew I'd fail," "I'm not good enough" and on and on. The worst thing is you can't run away from this voice; it's difficult to quiet it, so you have to face it head on and learn how to keep it at bay. Hear the negative self-talk, but don't buy into it. Listen more to the other inner voice, the one that always supports you, understands you, and believes in you. The one that is compassionate, kind and loving and always encourages and motivates you.

When you work on something, and suddenly you start doubting or feel your energy decreasing. When you are stuck, bored or tired of the task at hand, that's when your inner critic begins speaking to you. Listen, but don't take him or her seriously. Don't resist. Respond the negative self-talk with "So what?", "Who cares?", "Big deal!", "You bore me," "Just go away and let me do my work." Then continue what you are doing no matter what the inner critic says and keep diving in. The more aware you are of your inner critic, the less he or she can hurt you. Identify the judge. Once you identified him or her, you will also know what you have to do to get it out of your head.

The good news is that the more you work on your self-esteem with affirmations, celebrating your past successes, meditation and other techniques, the lower the voice gets. Lasting self-esteem comes from knowing yourself. Knowing who you really are and accepting it.

Don't let your inner Gremlin rob you of your intrinsic goodness, doubt your worth, or your talent. Don't let him sow doubts and chaos in your mind. Don't buy his lies that nobody loves and cares about you. You matter.