

# 9 Super Self Esteem Hacks.



By  
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Hello, my name is Brent Milne and I'd like to welcome you to this Self Esteem improvement blueprint.

When you feel good about yourself, you pass that along to others. We all want to change the world, and the first change starts right in our minds. There are many hacks to boosting your self-esteem. Let's look at 9 super hacks to get you moving in the right direction.



1. **Right Frame of Mind.** When you wake up in the morning, do you keep hitting the snooze button because you just don't want to face the day? Or do you get yourself out of bed and start drinking coffee in the hopes you will feel better about yourself and what your day might look like?

Putting yourself in the right frame of mind before your feet hit the floor is your best plan. Many people pray before they sleep. Try adding in a morning prayer where you are grateful for another day on earth. If you do not pray, you can do a morning gratitude rundown. Start saying what you are grateful for today. The fact you woke up, have food to eat, and nice clothes to wear, can undoubtedly boost your self-esteem.

2. **Make others feel good about themselves.** This in turn, will make you feel great about yourself. Compliment every person you come into contact with. Did

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someone cook you a nice breakfast? Compliment them on it. On your way to work, look for chances to compliment a stranger on their clothes or the first person you see in the elevator.

3. **Exercise is so important in your life.** Your self-esteem can get a significant boost after any type of workout. When you are not full of aches and pains from lack of movement, it keeps negative thoughts away. The body releases special happy chemicals as you exercise, and these are important to self-esteem and keeping stress/depression at bay.
4. **Keeping journals.** This is an excellent way to improve yourself. Make sure to have a gratitude journal and make a special one concerning self-esteem. Use a highlighter to mark areas where you did something to improve your self-esteem. Remember that not every day will go according to plan. You will have hits and misses, which means you need to celebrate the winning days. This will give you the juice to go for it and make daily self-esteem a regular habit.
5. **Be Strategic.** Don't leave your self-esteem to a hit and miss routine. Be strategic about what you are going to do for building self-esteem. Make a list of items such as journaling, online courses, books to read, groups to join, or even start-up a group so you can get accountability partners.

Once you have a list, go through it and make an action plan for each item you decide to go 100% on it. In that action plan, write out times, dates, people to contact, and even some small rewards for yourself. Did you set a plan for five actions to take today for self-esteem and conquered each one? Reward yourself for a job

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well done. It could be a special meal or self-care package like a movie and hot bubble bath with essential oils.

6. **Thoughts of Others.** Does your self-esteem take a hit because you believe people analyze your every move or watch and gossip about you? The truth is very few people are doing this. They are too busy in their own lives, either knocking themselves down or trying to build themselves up. In the end, it doesn't matter what others think of you. What you think about yourself is the most important thing.

Remember that what you think about all day is what you will become. If you think that you are unique, beautiful, creative, compassionate, and loving, that is what you will be.

7. **Proper Sleep.** This means **everything** to your self-esteem. Before sleep, you should gently wash your face with warm water and massage the face muscles. Try doing a few yoga movements that are designed only for sleep. Make sure to have the room at a comfortable temperature for sleeping. It is always a great idea to listen to some classical music while in bed and reading an excellent self-development book. Do not watch the news before going to bed. Feed your mind positivity and as you close your eyes, repeat your favorite positive affirmation repeatedly.

OK, before we finish, let's have a look at two more bonus hacks...

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8. **Dealing with Technology.** Surveys show that approximately 55% of people check their emails as soon as they wake up or within the first hour. Emails can be a source of bad news and the best time to check emails is an hour or so before you quit your workday.

Technology has benefits, but there is also a lot of harm in it. Train yourself to stay off your cellphone and any news source as long as possible. If you don't need to check the news before heading for work, don't do it. Imagine your day if you woke up, did some gratitude exercises, and danced in the kitchen while making a healthy breakfast. Your mindset would skyrocket, and you would leave your house with a smile on your face.

9. **Letting Go.** The last one to do may be the most difficult for you. But like the saying goes, "*The cave you fear to enter holds the treasure you seek.*" For self-esteem, this means taking stock of the toxic people in your life and letting them go. The easiest part of this is on social media because you can just drop some of the people who are always negative. Work on letting go of some of those people you hang around with that are always raining on your parade. The most difficult one will be looking at your family and deciding that perhaps you have one family member who will not change their behavior. It is in your best interests to let that person go.



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