

# Self-Esteem 101

Fall 2021 Colloquium

Realization Project Fellowship

Monday, October 11, 2021

Purposes unrelated to a plan of action do not get realized.

# Icebreaker: Self-Scan



# Learning Objectives

- Remember what self-esteem is and where it comes from
- Understand and apply strategies to uncover, enhance, and promote self-esteem
- Understand and analyze principles of human electrochemical processes

# What is Self-Esteem?

Esteem /ə'stēm/  
*noun*

Respect and admiration for a person

Children: You spend the first 2 years of their life teaching them to walk and talk. Then you spend the next 16 years telling them to sit down and shut-up.



your  cards  
someecards.com

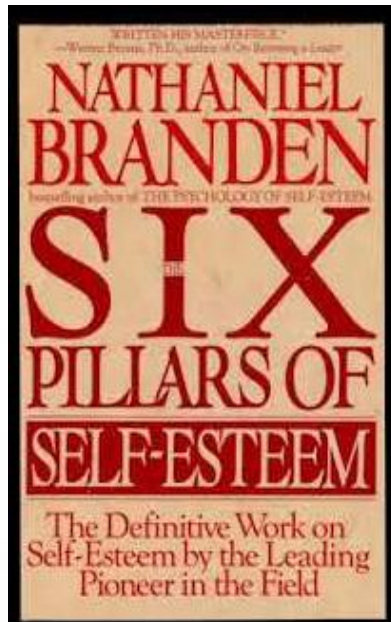
# **Low Self-Esteem is associated with....**

- Anxiety
- Depression
- Underachievement at school/work
- Fear of intimacy, happiness, and success
- Alcohol or drug abuse
- Spouse battering / child molestation
- Co-dependency
- Crimes of violence
- Suicide

Where does  
**SELF-ESTEEM**  
Come From??

# Self-Esteem is a PRACTICE, not just an idea

“A ‘practice’ implies acting in a certain way over and over again—consistently....it is a way of operating day by day, in big issues and small, a way of behaving that is also a way of being.”



1. The Practice of Living Consciously
2. The Practice of Self-Acceptance
3. The Practice of Self-Responsibility
4. The Practice of Self-Assertiveness
5. The Practice of Living Purposefully
6. The Practice of Personal Integrity

# Self-Acceptance Exercise

Everyone. Choose one sentence and complete it out loud.

- *Living consciously to me means...*
- *If I bring 5 percent more awareness to my activities today...*
- *If I pay more attention to how I deal with people today...*
- *If I bring 5 percent more awareness to my insecurities then...*
- *If I bring 5 percent more awareness to my priorities then...*



# Take Pride in You

*What are the five things you're most proud of?*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

***Self-esteem contemplates what needs to be done and says, 'I can.'***

***Pride contemplates what has been accomplished and says, 'I did.'***

***-Nathaniel Branden***

# Just imagine....

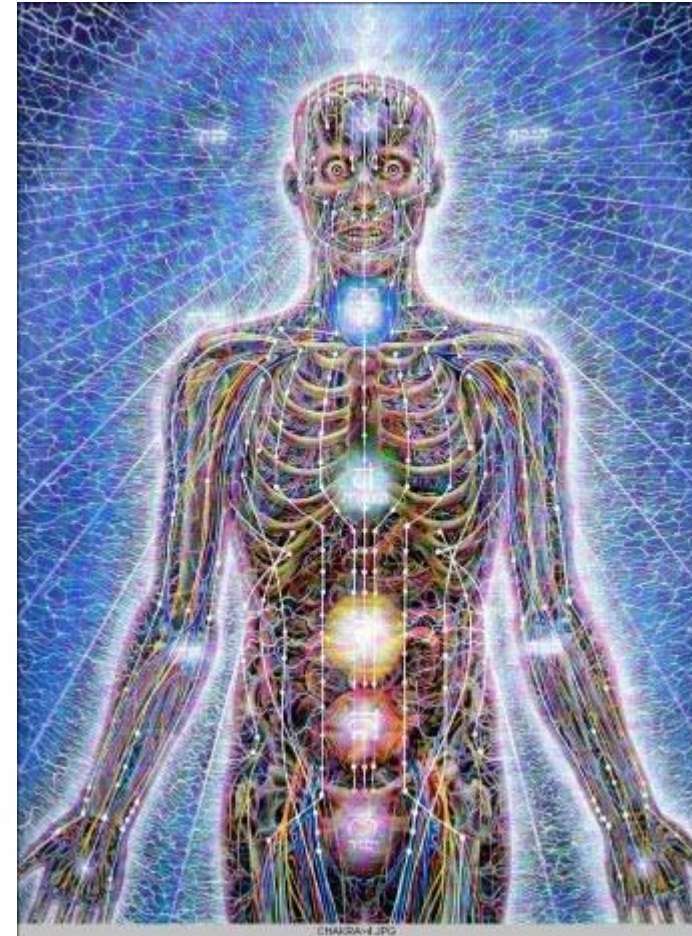
*An exercise to build new 'memories' or stored data into your mid-brain and central nervous system.*

Imagine how it feels to be the sort of personality you want to be. If you have been shy and timid, see yourself moving among people with ease and poise—and feeling good because of it....

...If you have been fearful and anxious in certain situations—see yourself acting calmly and deliberately, acting with confidence and courage—and feeling expansive and confident because you are.”

# What are Chakras?

- Human electromagnetic framework
- Power centers; regulators of the flow of life energy
- Human energy system
- Electromagnetic field produced by biological processes



## **CROWN CHAKRA**

Intelligence, Awareness,  
Thoughtfulness

## **THIRD EYE CHAKRA**

Intuition, Perception,  
Imagination

## **THROAT CHAKRA**

Communication,  
Resonance, Creativity

## **HEART CHAKRA**

Love, Compassion,  
Altruism

## **SOLAR PLEXUS**

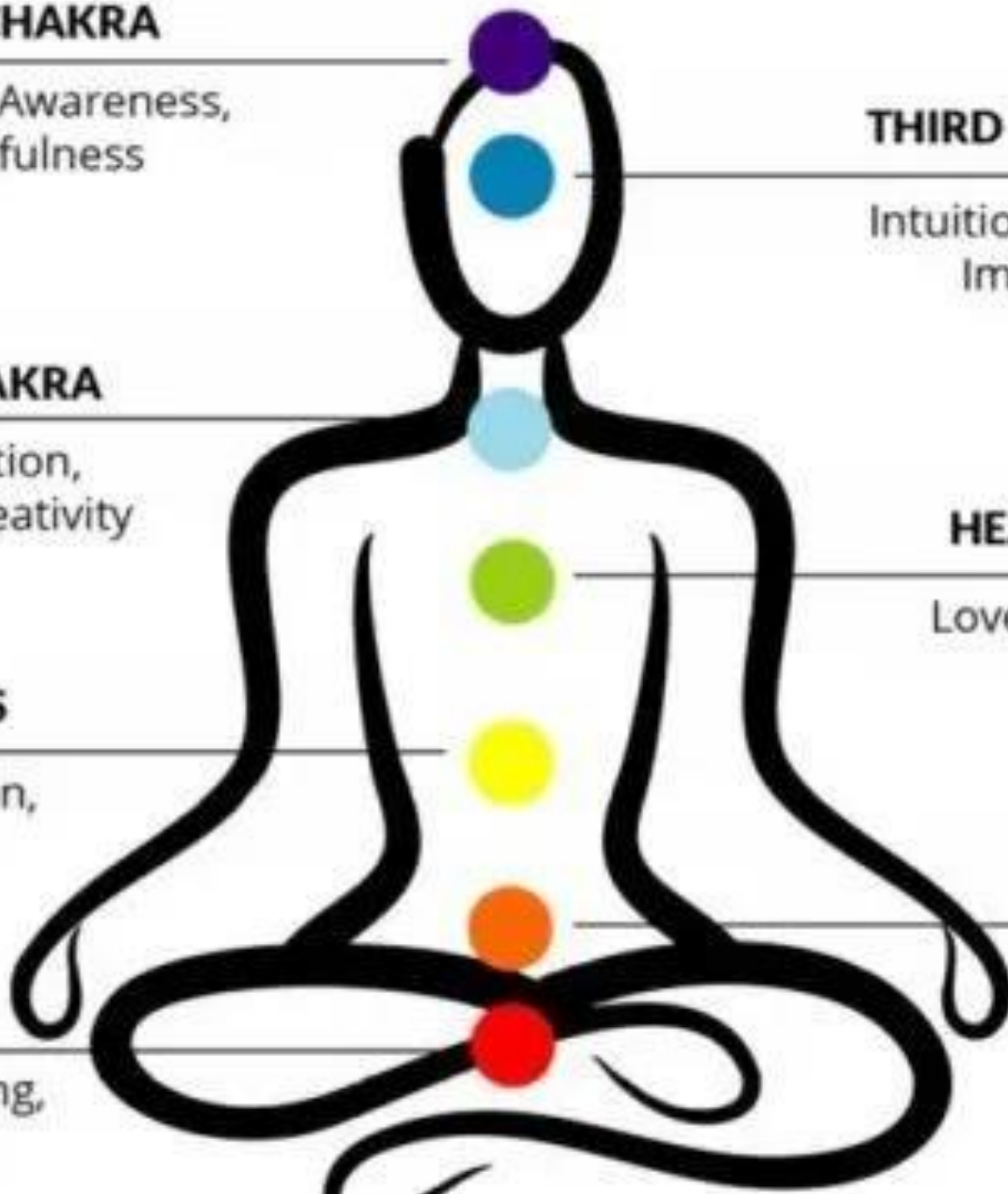
Vitality, Direction,  
Self Esteem

## **SACRAL CHAKRA**

Sexuality,  
Pleasure, Desire

## **ROOT CHAKRA**

Stability, Grounding,  
Prosperity



***“Do not be impatient with your seemingly slow progress. Do not try to run faster than you presently can. If you are studying, reflecting and trying, you are making progress whether you are aware of it or not. A traveler walking the road in the darkness of night is still going forward. Someday, some way, everything will break open, like the natural unfolding of a rosebud.”***

**Vernon Howard**