



Self-Esteem Toolkit

30 of the best and most recent Tools to Raise your Self-Esteem



There is nothing more important in life than your level of self-esteem. With high self-esteem you are more successful in your career, you have better relationships, you have better health, you manage your finances better, and in general you enjoy more prosperity and abundance.

With high self-esteem your life works. With low self-esteem your life doesn't work.

Ask yourself the following questions:

- *Do I do things for others that I don't want to do?*
- *When I have done something socially awkward, do I focus on it for days afterwards?*
- *Am I forever saying I am sorry?*
- *Am I hard on myself and call myself derogatory names?*
- *Do people undermine me in front of others?*
- *Do I find myself in relationships where I am abused?*
- *Am I someone who does lots for other people but hates having to ask people to do me a favour?*
- *Do I go along with the plans of others even when I don't want to?*
- *Am I someone who battles to accept compliments?*

- *Am I the person who always ends up having to do the work that no one else wants to do?*
- *Do I feel responsible for making others happy?*
- *Do people take advantage of my kind nature?*
- *Do I sometimes feel worthless after an encounter with someone and don't know why?*
- *Do I avoid some people for fear of them asking for favours?*
- *Do I feel powerless to say "no"?*
- *Are people always promising to do things for me and not doing them?*
- *Are there people in my life who say or do hurtful things to me?*
- *Do I hate disappointing others and always put their needs above my own?*

If you answered yes to any of these questions, you have to get this book. It will change your life.

More about the book

I have put together a self-esteem toolkit of 30 tools to raise your self-esteem which have worked really well with my clients and made huge differences in their lives.

This toolkit is an e-book of over 100 A4 pages. PDF format.

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Below is the contents page for you to see what the toolkit includes.

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