

Daily Mind Matters

Self Esteem

Use the following Daily Routine if you are feeling Low Self Esteem or you know of a situation that will cause you to feel you are lacking in Self Esteem in the future. It is recommended that you follow this routine for at least 7-days. The longer you do it, the more lasting will be its effect.

Routine

- AM - Morning Meditation for a maximum of 15 minutes.
- Middyay - Middyay Affirmation for approximately 1 minute.
- Evening - Evening Review for a maximum of 5 minutes.

On Waking

Make your cup of tea or follow your immediate routine.

Daily Meditation - Self Esteem (Maximum duration 15 minutes)

Meditation - Self Esteem

Find a place where you will be undisturbed for 5-15 minutes.

Stage 1

Focus on gentle breathing:

- Inhale through the nose.
- Exhale through the mouth.

Use the breath to help you relax.

Stage 2

Maintaining a gentle breath, silently say:

- "I breathe in and create a connection to my self-belief and confidence.*
- "I breathe out and release all feelings and thoughts of being inadequate.*

Repeat for a *minimum count* of 5 inhalations & 5 exhalations.

Stage 3

Normal breathing for a few moments and then silently repeat this meditation phrase:

- I now have confidence in the perfect outcome of every situation in my life.*

Repeat the saying for as long as you feel comfortable.

Stage 4

Visualise yourself above where you are sitting or lying down.

See the situation that is causing you to doubt yourself as a tiny speck on the horizon:

- Silently say: *"This situation is not real, it no longer affects me."*

Repeat the saying for as long as you feel comfortable.

Stage 5

In preparation for ending the meditation:

- Deepen your breathing as you become aware of your surroundings.
- Feel confidence flooding through your body.
- Smile as you open your eyes and end the meditation.

Midday Affirmation

Find a place where you will be undisturbed for 1 minute.

Silently repeat this meditation phrase:

- *“Every breath I inhale self-confidence,*
- *Every breath I exhale releases all my self-doubts and my feelings and thoughts of fear and inadequacy.”*

Repeat 3 times.

Evening Review

Find a place where you will be undisturbed for 5 minutes.

Reflect back on your day and identify any moments of low self-esteem.

Do not try and push the thoughts away, just accept what has happened.

Quickly review the day highlighting any moments of low self-esteem.

And then silently affirm:

- *“I no longer accept these shaky and self-doubting thoughts as being real.*
- *They are not a part of me.*
- *I let them go.*
- *I am building my self confidence and boosting my self-esteem.*
- *I ‘will’ myself to be confident in everything I do.”*