



Presented by BU Happiness College

# Self Talk, Self Esteem & Self Understanding

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“Why should we worry about what others think of us, do we have more confidence in their opinions than we do our own?” – **Brigham Young**



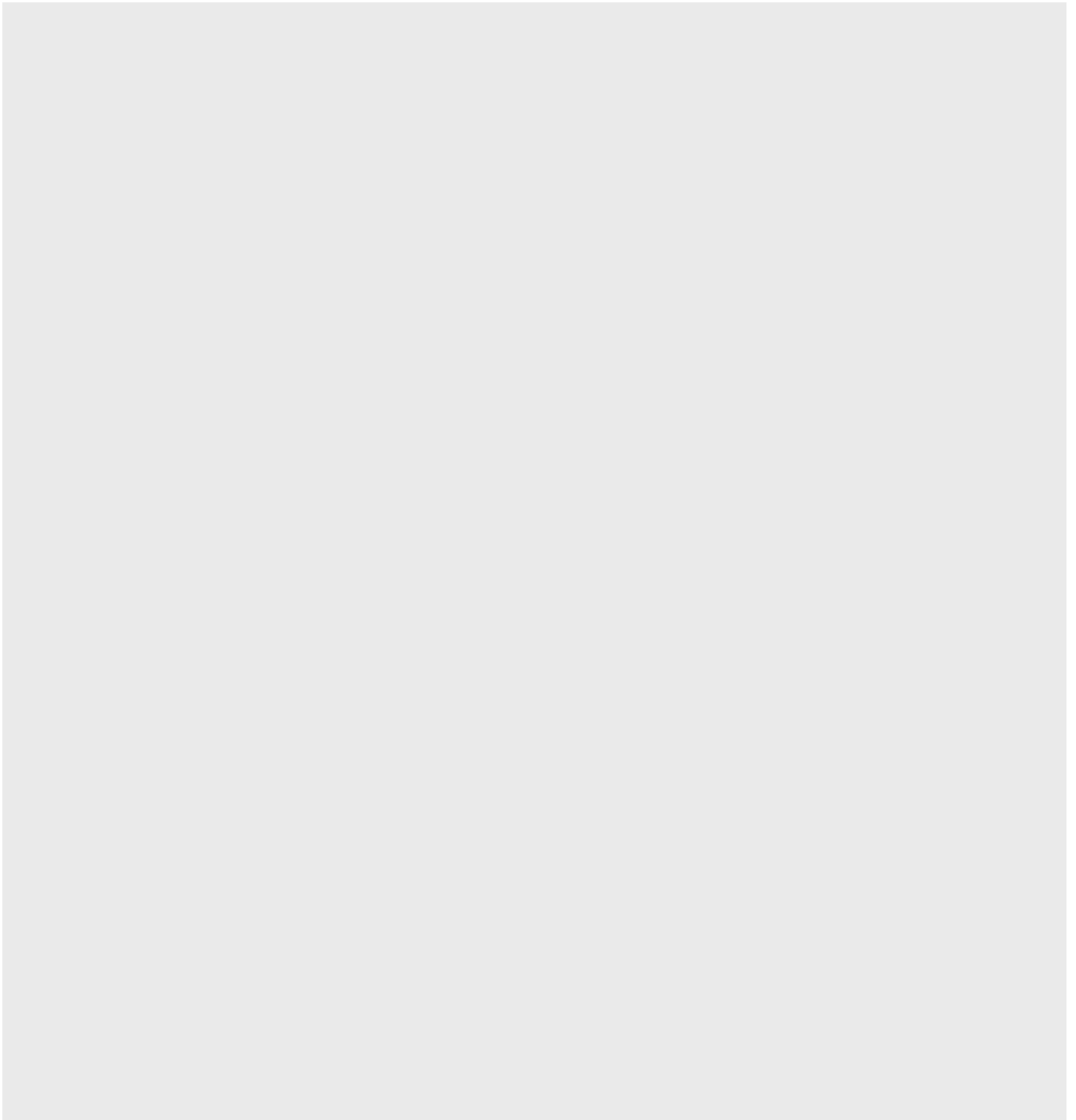
# Step I - Awareness

**What are your first thoughts / words that come to mind when you think about yourself and self esteem?**



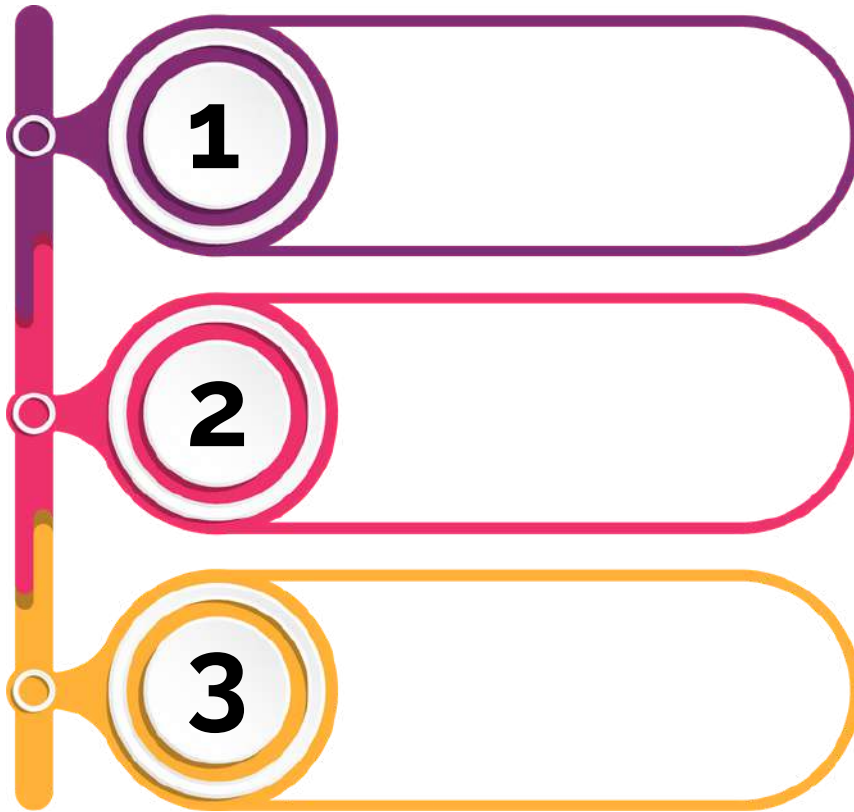
# Step 2 - Understanding

Where have these thoughts come from?  
(Have I created these thoughts or have they been passed down to me?)





# 3 Damaging Mindset Patterns

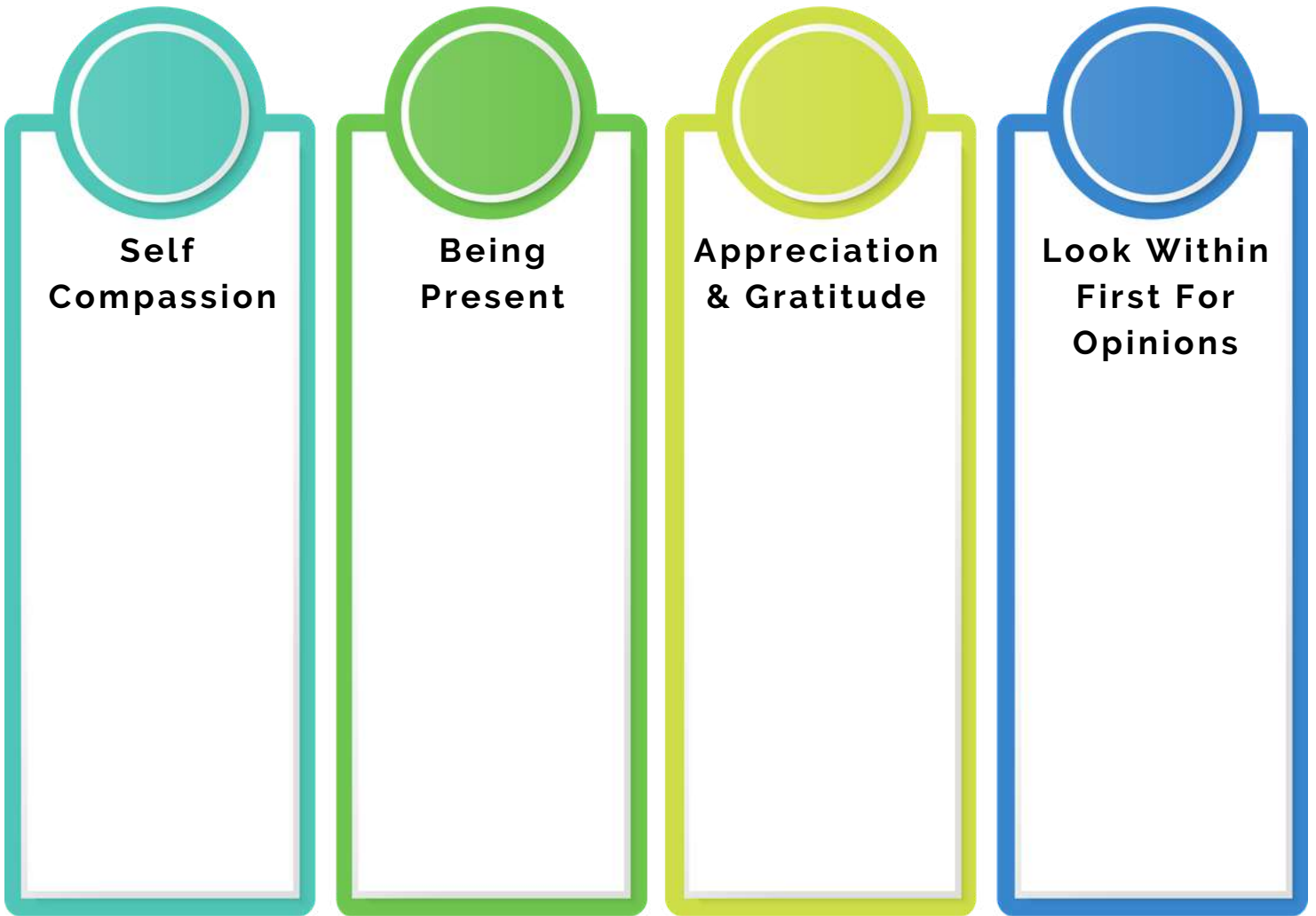


Notes / thoughts:

A large, empty, light gray rectangular area intended for writing notes or thoughts.



# How To Begin Increasing Your Self Esteem



**Notes / thoughts:**

A large, empty gray rectangular area intended for writing notes or thoughts related to the four concepts listed above.

A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

# Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...