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When a person truly esteems themselves, s/he will take 100% responsibility for her/his own lives!

If the face of high self esteem and self respect is towards valuing, regarding, liking, and respecting oneself; then what is the true face of low self esteem and self respect? The one that always keeps pleading for help as the underdog, the under achiever, or the other i.e. the negative one that says I can't, I shouldn't, I have to?

If the above kind of thinking sabotages your success, then high self esteem and self respect thinking enhances chances of success...

Self respect and individuality is not about seeing yourself as the greatest person in the world. It is also not about being the best, nor about having no weaknesses or no self doubts. It is not about earning the maximum, nor being always right...

In fact, self esteem and self respect is simply about confidence and liking yourself for who you are, while also respecting others for who they are... with humility... It is celebrating your strengths and achievements, learning from your mistakes, and confidently striding forward in life...

Self respect is also about forgiving yourself your mistakes!

Meet Dhirajlal Hirachand Ambani

(Dec 1932 – July 2002)

An Indian rags-to-riches business tycoon who co-founded Reliance Industries.

1. Popularly known as the 'True Son of India'
2. 'Man of the Century' by Chemtech Foundation and Chemical Engineering World in Nov 2000.
3. Among 'Power 50 - the most powerful people' in Asia by [Asiaweek](#) magazine in 2000, 1998, & 1996
4. Dean's Medal by The Wharton School, University of Pennsylvania, for setting an outstanding example of leadership in June 1998
5. Lifetime Achievement Corporate Excellence award from Economic Times in Aug 2001

Source: Wikipedia

Open Secrets on developing a high level of Self Respect and individuality

- *What are you good at?*
- *Compliment yourself*
- *Remember, you are you*
- *Think Positive*
- *Help others*
- *Remember, everyone is Special*
- *Smile..... Laugh*

Self Esteem is not Selfish!

by Karl Perera – www.more-selfesteem.com

Is self esteem selfish and that I in fact was encouraging people to become selfish and that I in fact was selfish. This is a common mistake. If you want to improve yourself it is not selfish to look for happiness and self esteem. It is only selfish if you obsess about it and get so wrapped up in yourself you ignore others desires.

Why is self esteem vital?

- It will help you confront the world and its challenges
- It is a weapon you need to fight lack of self confidence and depression

Everyone is entitled to a high level of self esteem - for we are all special and equal.

Low self esteem, low self confidence and depression are three evils that stop us from being what we can be and obstruct us from giving our best to the world. If you have the right attitude you will seek to improve yourself so that you can give more to those around you and to the world at large. This is an unselfish view.

Selfishness is sticking with low esteem and confidence and remaining afraid to open up and confront these problems. The result can be depression, anger, frustration and withdrawal. Withdrawn and depressed individuals are not likely to give much of themselves and are likely to hide away and avoid life and relationships. Very selfish. Focusing on yourself and your problems too much is also selfish and not helpful to you. Give yourself a break and focus on elevating your self esteem but don't obsess.

How will increasing my self esteem help me be less selfish?

- You will respect yourself more and also respect others more
- You will realise everybody has value
- You will find that helping others raises your self esteem - you will therefore enjoy helping others more
- You will give more to others by being truer to yourself
- You will be happier and more pleasant to others

Build your self esteem and be less selfish! Give to others and you will receive twice as much back.

If you have low self esteem or poor self respect how can you respect or love others? Fix this and you open the



You yourself, as much as anybody in the entire universe, deserve your love and affection – Gautam Buddha

I am afraid to show you who i really am, because if I show you who I really am, you might not like it - and that's all I got – Sabrina Ward Harrison

Humor – Lateral Thinking on Self Respect

Self Perception and other's Perception

A man with a sad and drawn face goes to a psychiatrist and says, "Doc, please help me. I am sad and depressed. I am not able to smile or laugh or be happy. Please help me smile and laugh."

"Oh, that is very easy", said the doctor. He took the man to the window and pointed out at a tent that said 'Traveling Circus'. "In that circus, there is a clown", he said. "He is amazing. He can make anyone laugh!! Go watch him for a day. I guarantee you that you will start smiling and laughing at the end of the day."

Hearing this, the man's face becomes much more sad.

"What happened?", asked the doctor?

The man sadly said, "I am that very clown doc" ☹

Kick-start your self esteem

by Julie Plenty

Having low self esteem takes an enormous toll on the quality of your life. You take fewer risks, which limits your opportunities, both personally and professionally. You are reluctant to voice or acknowledge your needs. You are probably also haunted by past mistakes and making future ones. It doesn't have to be like this –

1. Stop comparing yourself to other people. If you play this game, you're likely to compare yourself in a negative way and set yourself up for continuing to have low self esteem
2. Don't keep putting yourself down! You can't develop high self esteem if you constantly repeat negative comments about your skills and abilities. Other people will pick up on it and take on board the same way
3. Using affirmations is an excellent way to raise your self esteem. It's the opposite of no 1. When you do, allow yourself to experience the positive feelings about your statements
4. Accept all compliments graciously. Don't dismiss or ignore them. When you do you give yourself the message that you do not deserve or are not worthy of praise, which reflects low self esteem.
5. Take advantage of and use life coaching programmes, workshops, and develop a more positive attitude. Whatever material you see, read acts as subliminal learning, which means that it will plant itself in your mind and dominate your behaviour.
6. Mix with positive and supportive people. Who you associate with influences your thoughts, actions and behaviour. Learn how to develop your positive personal support network.
7. Acknowledge your positive qualities and skills. Too many people with low self esteem constantly put themselves down and don't appreciate their many positive attributes.
8. Stop putting up with stuff! Not voicing or acknowledging your needs means that you are probably tolerating more than you should.
9. Make positive contributions to others. When you do make a positive contribution to others, you begin to feel more valuable, which increases your sense of your own value and raises your self esteem.
10. Involve yourself in work and activities that you love. So many people with low self esteem stop doing those activities that they most enjoy.

and

Start taking action!

Interact with Revathi

at info@revathionline.com

Visit

www.revathionline.com



Old wine in new bottle – Self Respect and Individuality

Be Yourself

Source: www.inspirationalstories.com

Ever since I was a little kid, I didn't want to be me. I wanted to be like Billy Widdledon, and Billy Widdledon didn't even like me. I walked like he walked; I talked like he talked; and I signed up for the high school he signed up for.

Which was why Billy Widdledon changed. He began to hang around Herby Vandeman; he walked like Herby Vandeman; he talked like Herby Vandeman. He mixed me up! I began to walk and talk like Billy Widdledon, who was walking and talking like Herby Vandeman.

And then it dawned on me that Herby Vandeman walked and talked like Joey Haverlin. And Joey Haverlin walked and talked like Corky Sabinson.

So here I am walking and talking like Billy Widdledon's imitation of Herby Vandeman's version of Joey Haverlin, trying to walk and talk like Corky Sabinson. And who do you think Corky Sabinson is always walking and talking like? Of all people, Dopey Wellington - that little pest who walks and talks like me!