

The Six Pillars of Self-Esteem

by Nathaniel Branden

"To trust one's mind and to know that one is worthy of happiness is the essence of self-esteem."

How to Raise Your Self-Esteem:

1 Living Consciously



- Embrace awareness of your internal and external worlds.
- Practice mindfulness by distinguishing between facts, interpretations, and emotions.

2 Self-Acceptance



- Accept yourself without judgment.
- Understand and acknowledge your feelings and actions.

3 Self-Responsibility



- Take charge of your own happiness and actions.
- Be solution-oriented and accountable for your behavior.

4 Self-Assertiveness



- Stand up for your beliefs and express yourself openly.
- Overcome the fear of disapproval and resentment.

5 Living Purposefully



- Set clear goals and monitor your progress.
- Align your actions with your objectives.

6 Personal Integrity



- Ensure your behavior matches your values and words.
- Practice honesty and keep your promises.

8

Key Insights:

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- 1 Self-esteem is the immune system of consciousness, essential for performing at your best.**

Just like the immune system protects the body, self-esteem protects the mind. It provides the strength to face life's challenges and bounce back from setbacks.

- 2 Self-esteem is about fighting for your right to happiness and facing challenges with confidence.**

High self-esteem empowers you to assert your right to happiness. It encourages you to meet life's challenges head-on with confidence and resilience.

- 3 The first pillar is the mind-set and practice of living consciously.**

Living consciously means being aware of your thoughts and actions. It involves distinguishing between facts, interpretations, and emotions to make informed decisions.

- 4 The second and third pillars of self-esteem will teach you to accept yourself and take charge of your own happiness.**

Self-acceptance and self-responsibility are crucial for self-esteem. They involve valuing yourself and taking control of your life and happiness.

- 5 The fourth pillar of self-esteem is self-assertiveness – this entails standing up for yourself, which is more difficult than you might think.**

Self-assertiveness requires the courage to express your true self and uphold your beliefs, even when facing opposition or fear of judgment.

- 6 The fifth and sixth pillars are living purposefully and practicing personal integrity.**

Living purposefully involves setting and pursuing meaningful goals. Personal integrity ensures your actions are consistent with your values, fostering trust and respect.

- 7 Parents and teachers have a central role in nurturing a child's self-esteem.**

A supportive environment provided by parents and teachers is crucial for developing a child's self-esteem. Positive relationships and role models help children build confidence.

- 8 Successful companies foster high self-esteem in their employees.**

Organizations that nurture self-esteem in their workforce see greater creativity and initiative. This leads to a more dynamic and successful business environment.