

Tips to Feed Self-Esteem, Confidence and Positive Mind-set:

- Guard and proactively manage your self-talk and sub-conscious thoughts.
- Be aware of, catch, and hit pause on your negative or self-deprecating self-talk (e.g. inner voice whispering doubts, fears or discouraging thoughts). Unchecked, these limiting thoughts can hold you captive.
- Take a few minutes and appreciate your successes. Express and relish the gratitude.
- Identify 1 – 5 empowering and compelling goal statements or affirmations that engage your emotions and excitement. Say, focus, and visualize them at least twice a day. Make each statement in the present tense, state it positively, and as if you've already achieved your goal. For example, "I am," rather than "I want to be." Make the wording of the affirmation statements such that they are bold, engage your emotions, stir your blood and resonate with your heart and soul. See them as movie script playing out that gets all your senses involved. See, feel, hear, and smell the affirmations.
- What gets focused on, manifests, positive or negative. So, consciously focus on the desired positive end results, not on what is not working.

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About Strategic Marketing Solutions

Led by Deb Siegle, a marketing and service professional with more than 25 years of experience, Strategic Marketing Solutions is a consulting practice that specializes in building effective marketing, market research, and customer loyalty programs and experiences. Strategic Marketing Solutions focuses on delivering pragmatic, actionable results. The practice undertakes the following types of projects:

- Market research (qualitative and quantitative)
- Competitive Assessments
- Feasibility studies
- Training
- Meeting facilitation
- Customer loyalty drivers and programs
- Seminars, programs, conferences
- Develop and launch products and services
- Branding and messaging