

The Six Pillars of Self-Esteem

NATHANIEL BRANDEN

The Practice of Living Consciously

There can be no change and no development without first becoming aware of our behaviors, tendencies and usual responses to certain events. Distinguish between a fact and your emotional response. As we start to become aware of our thoughts and behaviors, we can assess our actions.

The Practice of Self-Responsibility

We're responsible when we're able to respond to life's challenges as healthy, autonomous human beings — not as victims, blaming this or that for our challenges, but as individuals who own our abilities to manifest our desires as we engage in life.

The Practice of Living Purposefully

To live purposefully is to use our powers for the attainment of goals we have selected. So, what are your goals? What deeply inspires you? These aren't things that you think would impress others, but the visions that deeply resonate with your highest values and ideals.

The Practice of Self-Acceptance

The greatest crime we commit against ourselves is not that we may deny or disown our shortcomings, but that we deny and disown our greatness — because it frightens us.

The Practice of Self-Assertiveness

To practice self-assertiveness is to live authentically, to speak and act from my innermost convictions and feelings — as a way of life, as a rule. Remember the idea that "authentic" and "author" come from the same root. To be authentic is literally to be the author of your own story.

The Practice of Personal Integrity

Integrity is the integration of ideals, convictions, standards, beliefs — and behavior. When our behavior is congruent with our professed values, when ideals and practice match up, we have integrity. Do your ideals, convictions, standards, beliefs and behavior all line up?

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