

# International Self Esteem Awareness Day



“**Selfday** is about creating

AWARENESS OF THE IMPORTANCE OF GOOD  
SELF ESTEEM AS A KEY TO SUCCESS

**OUR VISION:** *To raise the awareness of the power and the effect of a healthy self esteem in our lives, our workplaces, our families and our communities.*

This **annual campaign educates people about the importance of esteem** and to inspire the practice of self esteem as a keystone to their success.

Too many people live in a place of self-doubt and inner fear and under perform in life, says the founder Janice Davies – The Attitude Specialist.

'A low self-esteem affects a broad spectrum of society, from professional people to beneficiaries. It can have a short term effect on a person when a crisis occurs in their life, or a long term affect on people where they are affected throughout their lives. Low self-esteem affects a person's self-responsibility, dependency and achievements in life.

Janice says **everyone can learn to believe in themselves and to build healthy self-confidence**. Her charitable non-for-profit organization is dedicated to sharing resources to enhance human effectiveness.

Davies invites people to **get involved and ‘make a difference’** for themselves and their sphere of influence at home, school, work and in the community by undertaking the following:

- **5 Activities to boost their own esteem**
- **5 Activities to boost another persons esteem**
- **1 Community activity**

## Janice Davies – Attitude Specialist

The SelfDay is an opportunity for people to make contact with their database, share their story and offer any resources that could assist people.

Research indicates that most people have had experienced self esteem challenges sometime during their life. Janice invites those who now have healthy esteem to ‘shoulder tap’ others to boost their esteem, which is the second activity she promotes.

Established in 2004, Janice has promoted this campaign via associates and media. A web presence has been created which has ideas and activities available, to help people with building self-esteem at work, home and in the community. Visit <http://www.internationalselfesteem.com>.



As the founder, Janice is New Zealand’s representative on the International Self Esteem council. She is a Professional Motivational Conference Speaker, Business Trainer, Success Coach and Author. . A ‘think tank’ of professionals has been formed in Auckland and the self esteem idea has been embraced by people in Australia and is promoted globally

With goals to create posters, booklets and other products to expand the awareness, Janice invites other organisations and sponsors to support this event. As we have designed the logo and colours for the event, we would like these to be endorsed in any promotion.

Ideas could include:

- Promotion via your organisation.
- Download the E-posters from the website and display at work or home.
- Members promote in their sphere of influence
- Website information and link to main site
- June meetings to have speakers on this topic
- Members offer to speak at their local schools or community on self esteem

Here is a **proposed email** which you can copy and paste and promote to your database.

### **SelfDay – International Self Esteem Day**

Self Esteem is a key to thinking positive and helps you and others to live successfully. Get involved and make a difference on 24<sup>th</sup> June 2009. Boost your esteem and help others with these ideas to administer:

**5 Activities to boost their own esteem**

**5 Activities to boost another persons esteem**

**1 Community activity**

For additional ideas, tips, Eposters and free Ebooks can be found on:

[www.internationalselfesteem.com](http://www.internationalselfesteem.com)

For more information about the International Self Esteem Day, television interviews  
And DVD clips on Self Esteem, please visit

[www.attitudespecialist.co.nz](http://www.attitudespecialist.co.nz) or [www.internationalselfesteem.com](http://www.internationalselfesteem.com)

**Article**

**Making a Difference**  
**with a Positive Self Esteem**



Celebrate this annual awareness day with family, friends and associates. Statistics reveal 95% of children and adults experience lack of confidence, self belief or low self esteem sometime in their life. Those individuals who have overcome their challenges, were fortunate to have their confidence boosted by a family, work colleague, a sports coach or even a passing stranger who has encouraged and steered them onwards to success

With the current economic climate, people in businesses, family, schools and communities are experiencing challenges. With each of us responsible for our thoughts, this is an opportunity for everyone, especially adults to analyse their thinking and re-set strategies to ensure they remain positive, confident members of society and passing on the positive thinking to their children and sphere of influence.

Whether during childhood or adult life...low self-esteem can be soul destroying. The trick is learning to overcome it. Some do and some do not, instead carrying around debilitating thoughts about their own self worth for the rest of their lives, revealing, itself during addictive and negative habits.

With your thoughts unable to be operated on and unseen in an x-ray, so there is no cut and paste like on a computer. Your only solution is stopping the negative thoughts and replacing them into positive ones. If people do not they never live to their ability and potential.

Starting as babes in arms, the best key is unconditional love, guidelines about acceptable and unacceptable behaviour, understanding and teaching children at their different stages of development and praise for their achievements. With their brains soaking up their thirst for knowledge they are learning the most in their first few years of life. They learn to move, crawl, walk, skip and hop, make their sounds turn into words and then sentences, make a mark and create lines, shapes and paintings recognizable by adults, so there are plenty of opportunities for building a child's esteem, by their parents.

During school years, life mastery continues forming the basis of their adolescent years. That's when the tell tale signs of low esteem turn into negative actions. Using data from a 10 year study by Richie Poulton and his team, from the Dunedin Multidisciplinary Health and Development Research Unit, discovered that adolescent with poorer mental and physical health had higher levels of criminal behaviour compared to those of adolescents with high self

esteem. They summed up, saying that interventions designed to raise self esteem can have beneficial consequences in reducing violence and improving mental health.

But it's not just our youth. Once in the workplace, adults with low self esteem are less likely to perform to their ability. Held back by lack of confidence, fearful of ridicule and rejection, their thoughts transmit messages of 'I'm no good' 'I'll never get it right', "I don't deserve' and other negative thoughts.

Additionally, some people 'thrive' on the misfortunes of others. If they can entice those through bullying tactics, they create their egotistical feelings of superiority at the consequence of others, which in itself demonstrates a shoddier malfunction in their thinking...and low self esteem.

Along with our aging generation, 'home alone' pensioners and grandparents, baby boomers being replaced at work by younger people and maturity instead of bringing wisdom, bringing loneliness and despair, there could be deemed a rise in low esteem within the mature population as well.

A study by Richard T Lovelace in 2003 further reveals that those with high self-esteem were better able to handle stress than those with low self-esteem. More and more studies world-wide are endorsing the importance of having a good level of esteem and self belief.

Those with high esteem had other people supporting and encouraging them sometime during their lives, until they learnt to become self reliant. Therefore, there comes a time in life when these confident, successful people need to start to help others, just as they had received.

Therefore the question arises, how do you create high esteem? If you think of a roller coaster ride, some people love it and others hate it. Feelings and our interpretation of them, happen in a nanosecond within our body. If your heart races at the excitement of a roller coaster ride or races at the fear of a roller coaster ride, it is pre-supposed that exciting and scary are the same feelings. If that is the case, then the interpretation lies in the individuals mind.

Consequently reprogramming of your thoughts about fear and excitement and all your other negative thoughts is necessary to boost your esteem. Those that don't, let fear of the unknown rule their lives, versus, the excitement of achievement. Terrible and negative things happen to everyone but the winners in life are the people that have learnt to overcome their negative thoughts about them.

With change constant in our lives, every part of society is engulfed in the need for us to learn, and with that comes stress. We no sooner master the keys on our new mobile and it is discarded for a new one with additional gadgets and tools that do not operate like our previous phone.

With younger people losing the connection with the outdoors and relying on technology to give them an adrenaline buzz it's easy to become removed from personal interaction with other people. When they are out socializing, their actions are overshadowed with the misconception that drugs are necessary to enjoy life. A bungee jump might just be as good!

So, what can we do to help ourselves, work colleagues, families and country.

## Janice Davies – Attitude Specialist

With the annual International Self Esteem Day on the last Wednesday in June, it's a good reminder to spark up our thinking. Janice Davies, New Zealand's representative on the International Council of Self-Esteem started celebrating this day because it's an idea whose time has come. It's a world first, she says and with our pioneer and entrepreneurial spirit and with New Zealand being the first country daily to greet each new day, it is fitting for the day to be founded and commence here.

Janice is encouraging people to do the following with children, family, friends and colleagues:

- 5 Activities to boost their own esteem e.g. Exercise
- 5 Activities to boost another person's esteem e.g. Give compliment
- 1 or more activity to help the community e.g. Pick up one piece of rubbish

But the key is, she says, once you have tried it and like it and experience the 'feel good' factor for yourself, continue the activities and incorporate them into your daily life. Then, like other winners, you too can achieve your potential and start encouraging others as well. Here are ten additional tips.

1. Stop comparing yourself with other people and stop putting your self down.
2. Use affirmations to boost your self-esteem.
3. Associate only with positive focused people who you can learn from.
4. Learn to be still. The average person doesn't spend 30 minutes a month in total silence.
5. Make a list of your positive qualities, start at ten increase to 100.
6. Take up an exercise program - you will feel better and look better!
7. Remember good things people have said about you and write them down
8. Make any changes that help you e.g. appearance, hair style, friends, foods or behaviour.
9. Eat healthy food and stay away from diets that you always fail. Instead join a group or change your lifestyle where you can succeed.
10. Change negative thoughts to positive thoughts by focusing on the positive ones. Your mind can only think of one thought at a time. Make it a positive one!

Additional tips, articles, 125 Tip Ebook and one page success journal are available for free and download on [www.internationalselfesteem.com](http://www.internationalselfesteem.com)

*Janice Davies is The Attitude Specialist, who teaches people to be positive and empower themselves. As a Professional Speaker, Success Coach and author Janice educates people at conferences, workshops and through books. Janice is the founder of the global movement International Self Esteem annual awareness day and features in the new True Happiness DVD. Janice has an online products featuring about attitude, goals, stress, happiness, relationships and more. Visit <http://www.attitudespecialist.co.nz> for other complimentary articles and tips. Or contact Janice for your coaching needs on 021 514 511, 09 424 8400 or [janice@attitudespecialist.co.nz](mailto:janice@attitudespecialist.co.nz) or her [www.attitudespecialist.co.nz/coaching.htm](http://www.attitudespecialist.co.nz/coaching.htm)*

## **Self Esteem Tips For Children**

### **10 SELF ESTEEM TIPS FOR YOUR CHILDREN**

1. Appreciate your child
2. Tell your child that you love them
3. Spend time with your child
4. Encourage your child to make choices
5. Foster independence in your children
6. Giving genuine importance to your child's opinion and listening
7. Take the time to explain your reasons
8. Take time to listen to their reasons.
9. Feeding your child with positive encouragement
10. Encouraging your child to try new and challenging activities

### **School Bullying**

With New Zealand school ranking high on the list of bullying in schools, it is time adults took notice and action. Bullying is very real...and can lead to suicide in our children and it happens because of low self esteem.

1. Bullying is about low self esteem.
2. Bullies happen because children and adults do not know how to have good relationships.

Statistics now confirm the importance in dealing with these issues. Below are 10 tips.

1. Listen to your children and ask questions to prompt some discussion.
2. Discuss bullying with your children
3. Ask your children or any of their friends to tell either their parent, friends, teachers or someone about any bullying
4. Tell the children – not to take it personally. It's not just about them...it could be anyone.
5. Tell the children that if it wasn't 'them' who was being bullied, it would be someone else.
6. Bullies are cowards who don't feel good about themselves so try to put others down.
7. Bullies have low self esteem and only pick on others who also have low self esteem.
8. If you are being bullied – list things/tasks/skills/passions/sports anything that you enjoy and you like about yourself.
9. Seek help from any of the services – Lifeline or any other organization.
10. Learn about self esteem and how to boost it in your children.

## **BOOST Self Esteem & Improve Workplace Performance**

### **Selfday Ideas for the Workplace**

If you are reading this, you are a person of influence in your workplace and getting involved can be as simple as asking or emailing your staff to write down and/or share with others

- 2 things they feel good about at work this year
- 2 things they have achieved at work
- 1 skill they do well at work

Then ask them to apply this to others as well

OR...ask your team members to give out 5 compliments to different fellow staff members that day

OR...set up a competition with some rewards

Or a combination of the above

*THEN WATCH THE RESULTS.*

If you want a **Selfday** poster to display email here: [mailto: janice@attitudespecialist.co.nz](mailto:janice@attitudespecialist.co.nz)

OR here's some additional help:

**30 WORKPLACE TIPS TO BOOST SELF-ESTEEM CAN BE FOUND HERE**

<http://www.attitudespecialist.co.nz/self-esteem-tips.htm#eight>

**WORKPLACE AND HOME PLACE BULLYING CREATE SELF ESTEEM CHALLENGES**

<http://www.attitudespecialist.co.nz/articles/WorkplaceHomeBullying.htm>

Other ideas, techniques and activities accumulated are available free on line, to assist anyone with building self-esteem at work, home and in the community. Visit

<http://www.internationalselfesteem.com/>

## **Boost your Workplace Esteem**

*Though we travel the world over to find the beautiful, we must carry it with us or we find it not.- Ralph Waldo Emerson,*

Write down 7 things you physically do well at work.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_

Write down 7 attributes you use at work.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_

### **Boost your Self-Esteem by taking these four steps.**

1. Use affirmations to boost your self-esteem.
2. Associate with positive, supportive people.
3. Make a list of your past successes.
4. Stop comparing yourself with other people
5. Stop putting yourself down.
6. Take advantage of workshops, books and cassette tape programs on self-esteem.
7. Make a list of your positive qualities

# My Successes Journal



Name \_\_\_\_\_

Date/Week \_\_\_\_\_

1. I am great because \_\_\_\_\_

\_\_\_\_\_

2. Today I did/achieved \_\_\_\_\_

\_\_\_\_\_

3. I felt good because \_\_\_\_\_

\_\_\_\_\_

4. Next week I will try \_\_\_\_\_

\_\_\_\_\_

5. I wish that \_\_\_\_\_

\_\_\_\_\_

6. My goals is \_\_\_\_\_

\_\_\_\_\_

Signed \_\_\_\_\_

Positive Choice Cards and Self esteem ideas on [www.attitudespecialist.co.nz/school-coaching.htm](http://www.attitudespecialist.co.nz/school-coaching.htm)

For more ideas visit [www.internationalselfesteem.co.nz](http://www.internationalselfesteem.co.nz).

Download the 125 free ebook where there are tips provided there by another teenager who has been bullied, along with many other tips to improve esteem.

If you have any questions please contact:

Janice Davies – the lady with nice in her name. Attitude Specialist.

Email [Janice@attitudespecialist.co.nz](mailto:Janice@attitudespecialist.co.nz)

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Mobile 021 514 511

**New Programmes to help you with your Self Esteem and Attitude are:**

Attitude Training Programme

[www.attitudetrainingforyou.com](http://www.attitudetrainingforyou.com)

XFactor Confidence - Using your Secret Ingredient to make more Money and Give you more Free Time

[www.xfactorconfidence.com](http://www.xfactorconfidence.com)

Dealing with Difficult People

[www.difficultpeoplehelp.com](http://www.difficultpeoplehelp.com)

Boost your Self Esteem Daily

[www.selfesteem.com](http://www.selfesteem.com)

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