

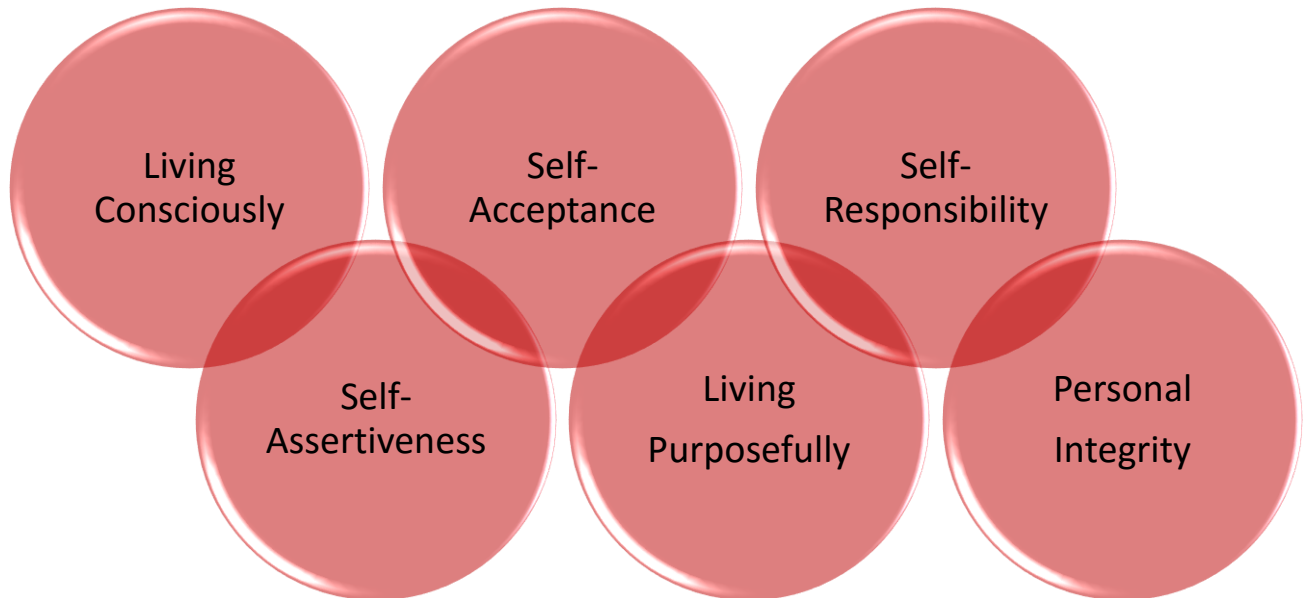
The Six Pillars of Self-Esteem

The Definitive Work on Self-Esteem by the Leading Pioneer in the Field

BY NATHANIEL BRANDEN · BANTAM © 1995 · 368

"Self-Esteem is the reputation we acquire with ourselves."~ Nathaniel Branden

Self Esteem Requires Practice of the Six Pillars:



Sentence Completion for Self Esteem

Write down at least 3 endings for each sentence, as quickly as you can.

Living
Consciously

1. Living Consciously means to me-

- -
- -
- -

2. If I bring 5% more awareness to my activities today-

- -
- -
- -

Self-
Acceptance

1. Self-Acceptance means to me-

- -
- -
- -

2. If I bring 5% more acceptance of myself-

- -
- -
- -

Responsibility

1. Self-Responsibility means to me-

- -
- -
- -

2. If I bring 5% more self-responsibility to my life-

- -
- -
- -

Assertiveness

1. Self-assertiveness means to me-

- -
- -
- -

2. If I bring 5% more self-assertion to my life-

- -
- -
- -

Living
Purposefully

1. Living Purposefully means to me-

- -
- -

actYOUlization worksheet

• -

2. If I bring 5% more purpose to my activities today-

• -

• -

• -

Personal Integrity

1. Personal Integrity means to me-

• -

• -

• -

2. If I bring 5% more integrity to my actions-

• -

• -

• -

Remember Nathaniel's Wisdom:

YOU

"Of all the judgements we pass in life, none is as important as the one we pass on ourselves."

ARE

"If my aim is to prove I am "enough" the project goes on to infinity- because the battle was already lost on the day I conceded the issue was debatable."

WORTHY