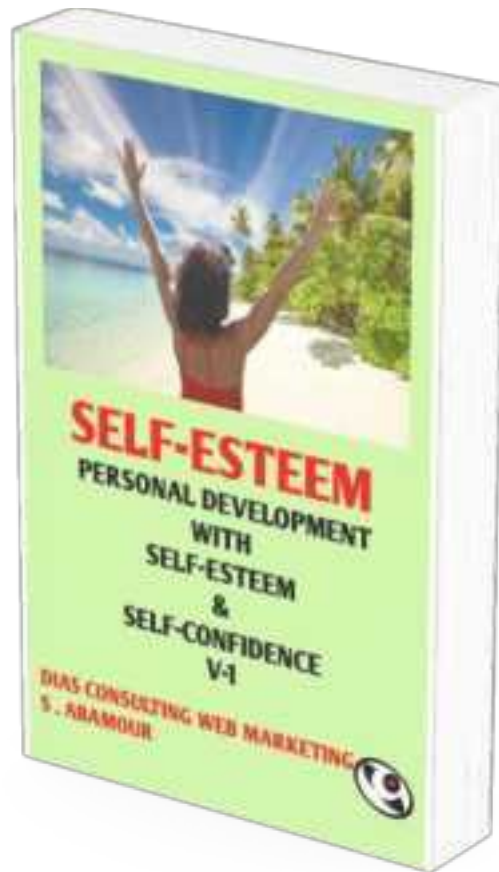




SELF-ESTEEM
PERSONAL DEVELOPMENT
WITH
SELF-ESTEEM & SELF-CONFIDENCE
V-1

DIAS CONSULTING WEB MARKETING
S . ABAMOUR





By **Par Said Abamour**
Dias Consulting Web Marketing

<https://www.dias-web-marketing-consulting.com>

Self-esteem
Personal Development
With
Self-esteem & self-confidence

Is a publication of the website
<https://www.dias-web-marketing-consulting.com>

The author disclaims any liability for any disputes that may, be due directly or indirectly to the information presented in this book.

Dias Consulting Web Marketing
2

1 Table of Contents

1	Table of Contents.....	3
2	Presentation by the author.....	8
3	From the same author.....	9
4	Introduction.....	10
5	Self-esteem.....	13
5.1	What is self-esteem ?.....	13
5.2	The causes.....	14
5.3	High self-esteem.....	15
5.4	Low self-esteem.....	16
5.5	A low estimate.....	17
6	Types of self-esteem.....	18
6.1	Low and stable self-esteem.....	18
6.2	Low and unstable self-esteem.....	18
7	Lack of self-esteem.....	19
7.1	Symptoms of low self-esteem.....	19
7.2	Lack of self-esteem.....	19
8	How to treat low self-esteem ?.....	22
8.1	Lack of self-esteem.....	22
8.2	Mechanism of low self-esteem or confidence.....	23
8.3	Consequences of low self-esteem.....	23
9	Low self-esteem.....	24
9.1	Symptoms of low self-esteem.....	24
9.2	Recognizing Errors.....	24
9.3	The criticism.....	25
10	Improving self-esteem.....	26
10.1	Exercises to Improve Self-esteem.....	26
11	How to build self-esteem ?.....	27
11.1	Cultivate self-esteem.....	27
12	Improving Self-confidence.....	28
12.1	How can you improve your self-confidence ?.....	28
13	Self-confidence.....	32
13.1	Having Self-confidence.....	32
14	Causes of Lack of Self-confidence.....	33
14.1	Causes of Lack of Self-confidence.....	33

14.2	Errors that destroy self-confidence.....	33
15	The Affirmations.....	35
15.1	Positive statements.....	35
15.2	Lack of self-assertion.....	35
16	LEARNING TO LOVE EACH OTHER.....	37
16.1	Loving yourself.....	37
16.2	Accepting oneself.....	37
17	Steps to Learning to Love Yourself.....	38
17.1	Loving yourself.....	38
18	Exercises to Learn to Love Yourself.....	40
18.1	Breathing to calm down.....	40
18.2	Pleasing.....	40
18.3	Love and Accept the Present.....	40
18.4	Multiplying contacts.....	40
18.5	Forgiving Oneself of Failures.....	40
19	Gratitude.....	41
19.1	Taking a positive assessment.....	41
19.2	Thank you.....	41
19.3	Not judging or comparing.....	41
20	The fear.....	42
20.1	What are you afraid of ?.....	42
20.2	Dealing with Your Fears.....	43
20.3	Fear of criticism.....	43
20.4	Fear of others' gaze.....	44
20.5	Getting rid of fear from others.....	45
20.6	Fear of Failure.....	45
20.7	How to overcome the fear of failure ?.....	46
21	The shyness.....	47
21.1	How to end shyness ?.....	47
21.2	Overcoming Shyness.....	47
21.3	How to overcome your fears.....	49
22	Dare.....	50
22.1	It is necessary to dare.....	50
23	Say NO.....	51
23.1	Dare to say No.....	51
24	Getting down.....	52

24.1	Stop lowering yourself.....	52
24.2	The feeling of inferiority.....	53
25	Negative thoughts.....	55
25.1	Negative thoughts.....	55
25.2	Thinking negatively.....	55
25.3	Thoughts of fear.....	55
26	Positive thoughts.....	56
26.1	How can you change your thinking ?.....	56
26.2	Controlling Your Thoughts.....	56
26.3	Create a space between your thoughts and actions.....	57
26.4	Work on your thoughts.....	58
27	Countering Negative Thoughts.....	59
27.1	How to counter these thoughts that are holding you back ?.....	59
28	The past.....	60
28.1	Reconciling with the past.....	60
29	Comfort zone.....	61
29.1	The comfort zone.....	61
29.2	Getting out of your comfort zone.....	61
29.3	How do I get out of my comfort zone ?.....	62
29.4	Keys to Practice.....	63
30	Your ego.....	64
30.1	How to become aware of your ego.....	64
30.2	Identification with one's ego.....	66
30.3	How Ego Works.....	66
31	How to recognize your ego ?.....	70
31.1	Emergence of Thoughts Related to the Past.....	70
31.2	Acceptance of the present moment.....	70
31.3	How to let go of ego ?.....	71
31.4	Boost your ego.....	71
32	Limiting beliefs.....	72
32.1	Limiting Beliefs.....	72
32.2	How do you fight your limiting beliefs ?.....	73
32.3	Fighting your limiting beliefs ?.....	73
32.4	Techniques for Overcoming Limiting Beliefs.....	74
32.5	How can limiting beliefs be changed ?.....	76
32.6	Limiting thoughts.....	77

32.7	Acting through actions.....	77
33	Positive statements.....	78
33.1	Stay Positive.....	78
33.2	Improving self-esteem through positive statements.....	79
34	The mirror.....	85
34.1	The mirror technique.....	85
35	Be positive.....	86
35.1	Taking Action.....	86
36	Personal Development.....	87
36.1	What is personal development ?.....	87
37	Pyramid of Maslow.....	89
38	Motivation through Positive Thinking.....	91
38.1	Practice positive thinking.....	91
38.2	Repeat the statement.....	91
39	Optimism and pessimism.....	92
39.1	Optimistic thinking.....	92
39.2	Pessimistic thinking.....	93
39.3	The difference between optimism and pessimism.....	93
39.4	How to become optimistic ?.....	93
40	Cultivate a positive mindset.....	94
40.1	Overcoming Negative Thoughts.....	94
40.2	Fear.....	94
40.3	Changing the perception of fear.....	95
41	The look.....	96
41.1	Don't Run Away.....	96
41.2	Body language.....	96
42	The Posture.....	97
42.1	Have the right posture.....	97
42.2	Avoid the Submission Posture.....	97
43	Self sabotage.....	98
43.1	The auto saboteur.....	98
43.2	Self sabotage.....	98
43.3	The Origin of self sabotage.....	99
43.4	Difference Between People Who Sabotage Themselves.....	99
43.5	How do you identify your auto-sabotage mechanisms ?.....	100
43.6	Saboteur uses.....	101

43.7	It feeds.....	101
43.8	The systems of self-destruction.....	101
43.9	Downgrading Negative Messages.....	102
43.10	L'Auto – Sabotage Blackmail.....	102
43.11	What are the Types of auto sabotage ?.....	103
43.12	What can be done about auto sabotage ?.....	105
43.13	Auto Hypnoses.....	106
43.14	How to eliminate self-sabotage mechanisms ?.....	106
43.15	Self Saboteur Release Techniques.....	107
43.16	Positive statement.....	107
44	Conclusion.....	109
44.1	Conclusion.....	109
45	Thank you.....	112

2 Presentation by the author



Said Abamour

Creator and manager of many websites as well as various internet business through the company **Dias consulting web marketing.**

I am a Specialist in Creation of:

- **Business**
- **Website**
- **Negotiation**
- **Marketing, web marketing**
- **Online business**
- **Business Plan**
- **E-commerce**
- **Affiliation**
- **Self-esteem**
- **POD Online Store**

The goal for me is **to create Quality and Value.**

To help you and positively impact you.

I have the solution for you.

In this e-book I reveal my experience, my observations.

To enable you, too, to

- **Develop your self-esteem**
- **And have confidence.**

3 From the same author

How to create and make your Website more attractive V-1



Self-esteem

How to transform your life?

How to learn to love other to live better?

Develop your inner power. V-1



Self-esteem

Personal development

With Self-esteem & self-confidence V-1



Strategic Marketing & Operational Marketing **"in french"**



Negotiation how to sell with negotiation **"in french"**



4 Introduction

Having self-confidence is indispensable to any person performing, a personal development approach.

That it be for :

- Be happy every day
- Realize your dreams
- Dare to say no
- Take action
- Make the right decisions...

Your life can change now.

Self-confidence

Builds, shapes and maintains
Through techniques and concrete actions.

To have confidence in yourself.

This is the base for everyone,
Taking a personal development approach.

Dare to take action

Make the right decisions, or simply be happy on a daily basis.

Self-confidence is essential.

What we think about an impact :

- About us
- About our lives
- About our personal development
- On Confidence
- On self-esteem.

Lack of self-confidence is not inevitable.

Your life can change.

Make the decision, to end :

- **These negative thoughts**
- **These limiting beliefs**

Which is ruining your life.

Set yourself free

Yes, it is possible.

One is not born shy or complexed, one becomes one,
Because of the lack of self-esteem and self-confidence.

It all comes from:

- Our Childhood
- Education, which we received
- Life events
- Mocking at school
- Disappointment in love.

We have built

Lack of self-esteem, and self-confidence.

Get out of here.

Self-confidence is built, shaped, and maintained.

Have confidence in yourself to :

- Enjoy life to the fullest
- Taking responsibility in your life
- Be respected by others
- Stop your negative internal dialogues
- Stop your saboteur...