

Building Self-Esteem

One of the biggest gifts we can give our own children is the gift of both knowing and believing in themselves and who God created them to be. Children who embrace this gift not only handle relationships with more grace, but also move through life with a strong sense of self.

This knowledge and confidence must first and foremost come from God, though it needs to be modeled by you as a mother as well. Children learn first by observing, so if you don't believe you are worth much, neither will your children.

Take a moment to answer these questions about yourself and then implement our 5 Keys to Confidence with your children:

- 1) What do you like about yourself?**
- 2) What are you most proud of?**
- 3) What are the characteristics you want to be known by?**

5 Keys to Confidence:

1. Affirm yourself each day: start your day stating 3 positive things about yourself or what you can accomplish today
2. Put positive thoughts in prominent places: Take your key words above and write them on a mirror or put them on post it notes around the house, in the kids' lunch or on their phone!
3. Keep an "I Can" list: Keep a list handy of all the things you've accomplished to remember that you can do anything you put your mind to.
4. Pray for peace: Draw strength from your Creator. After all, we weren't meant to go through life alone!
5. Practice Selflessness: Nothing shows self-confidence like putting others first. Make sure you do at least one thing each day that puts others above yourself!