

Compliments give me confidence

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There is a lot of power in words. Kind and flattering words do something good for me. Compliments give me extra confidence in my worth.

I surround myself with those who have only kind things to say. **Their energy lifts me up with encouragement.** My friends are important to me because their words embrace me with love and belief.

When those around me believe in my value, it is easier to acknowledge it whenever I feel a little doubtful. **A positive gesture goes a long way.**

Sometimes I feel less attractive than usual, and then I receive a surprise compliment from a stranger. It makes me happy to run into people who find it easy to say nice things. Those unexpected comments make my day.

My own positive thoughts have an effect on how I feel about myself. **Sometimes just saying something nice to myself does wonders.**

Positive self-talk gives me enough of a boost to my self-esteem to take me through intimidating presentations at work. Telling myself that I have what it takes translates into successful outcomes. It always works for me.

Today, my first utterance to myself is one that lifts me up. My journey is filled with victory when I tell myself that I am able to overcome. My challenges are manageable because of the added emotional support of my loved ones.

Self-Reflection Questions:

1. What are some of my favorite self-esteem boosters?
2. What adjustments am I able to make in my life to gain more confidence?
3. How do I balance the compliments from others with my own inner confidence?