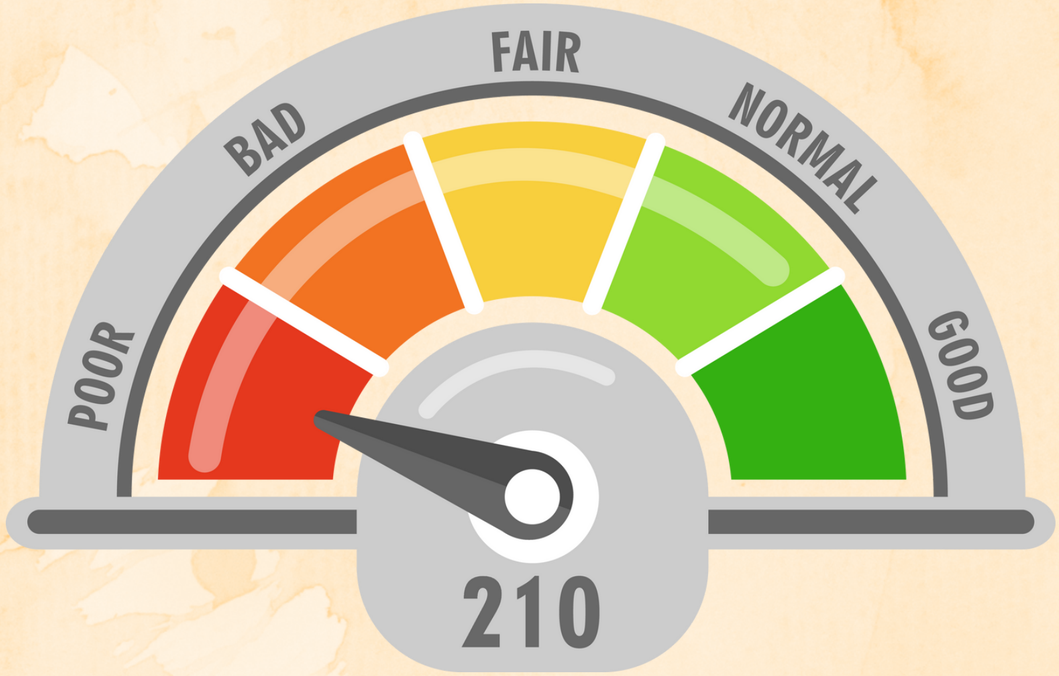

INCREASING
SELF
ESTEEM

NOBODY :

MY SELF-ESTEEM : I CAN GO LOWER





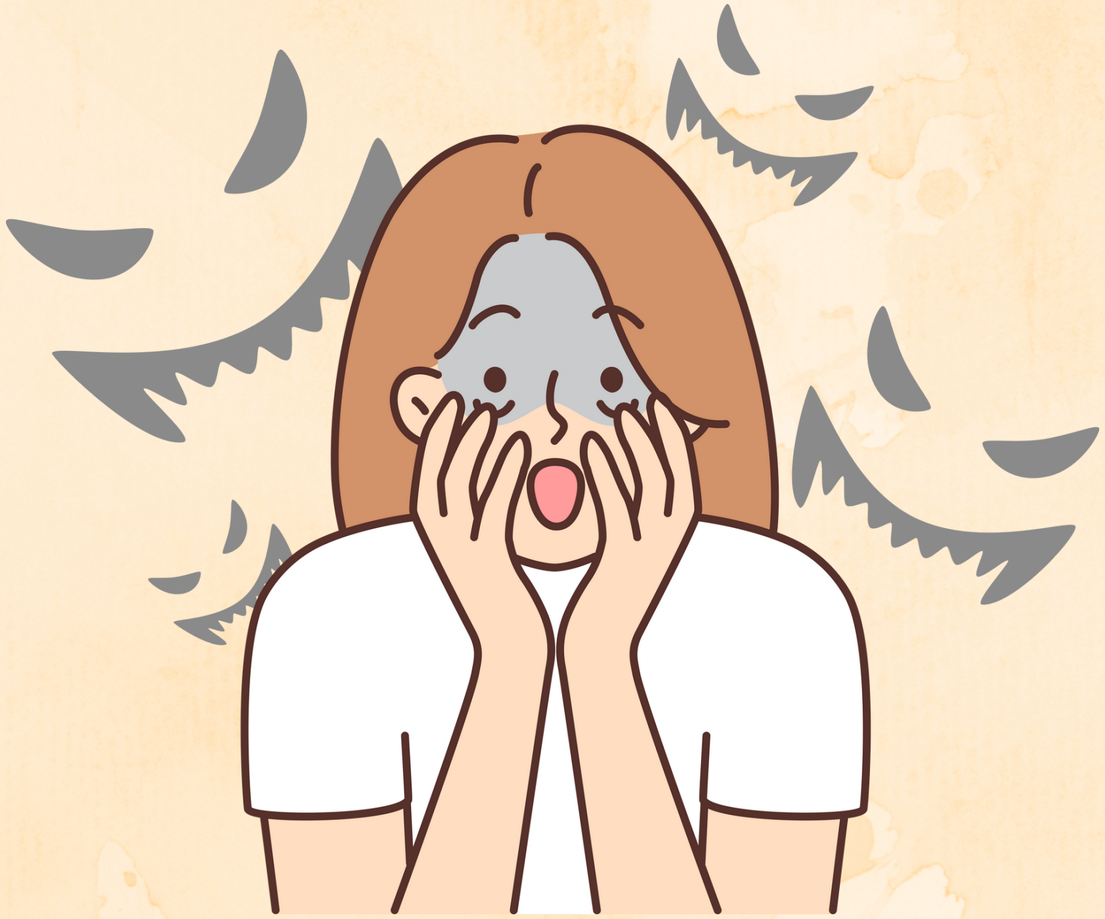
NOT SURE IF I HAVE LOW SELF-ESTEEM OR A REALISTIC VIEW OF MYSELF.

ME



LOSER

MY SELF-ESTEEM



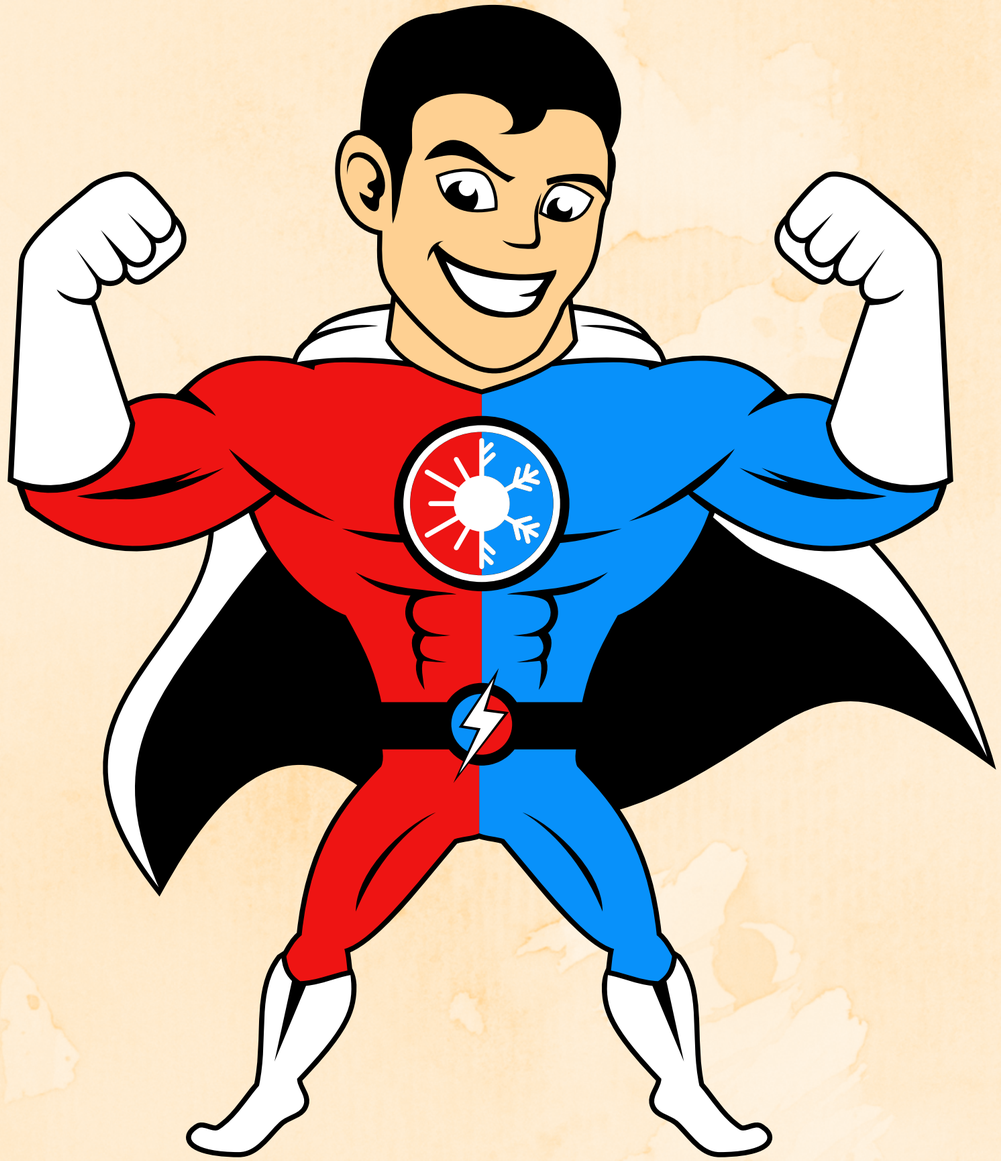
SELF-ESTEEM ISSUES EVERYWHERE



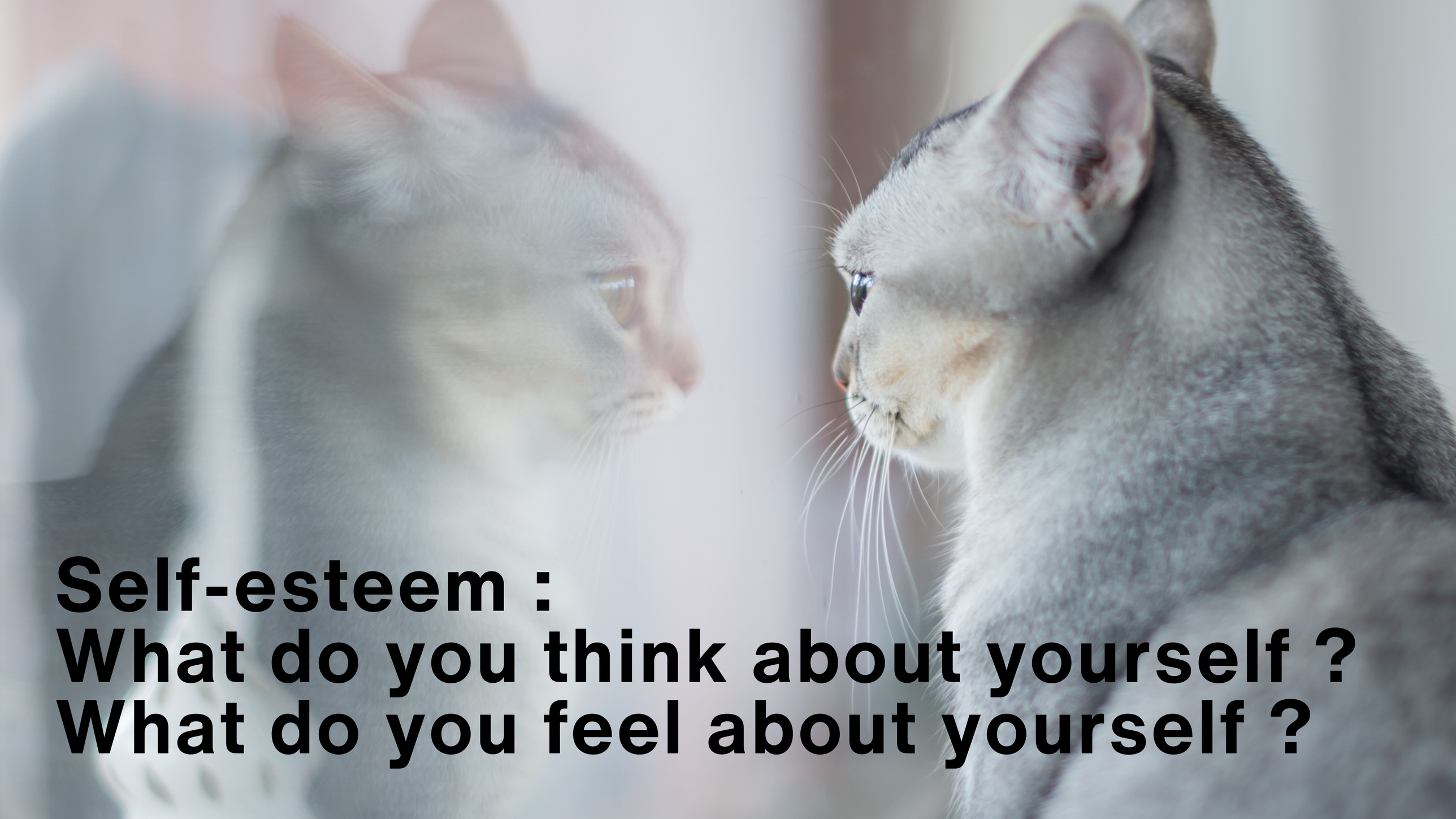
EVERYTHING WILL BE OKAY



WHAT YOU THINK OF YOURSELF IS MORE IMPORTANT THAN WHAT OTHERS THINK OF YOU



WHEN YOU HAVE HIGH SELF-ESTEEM



Self-esteem :
What do you think about yourself ?
What do you feel about yourself ?


90% of people
have low self-
esteem


So they look for validation outside


Empty vessels
make more
noise



The Self In Self-Esteem

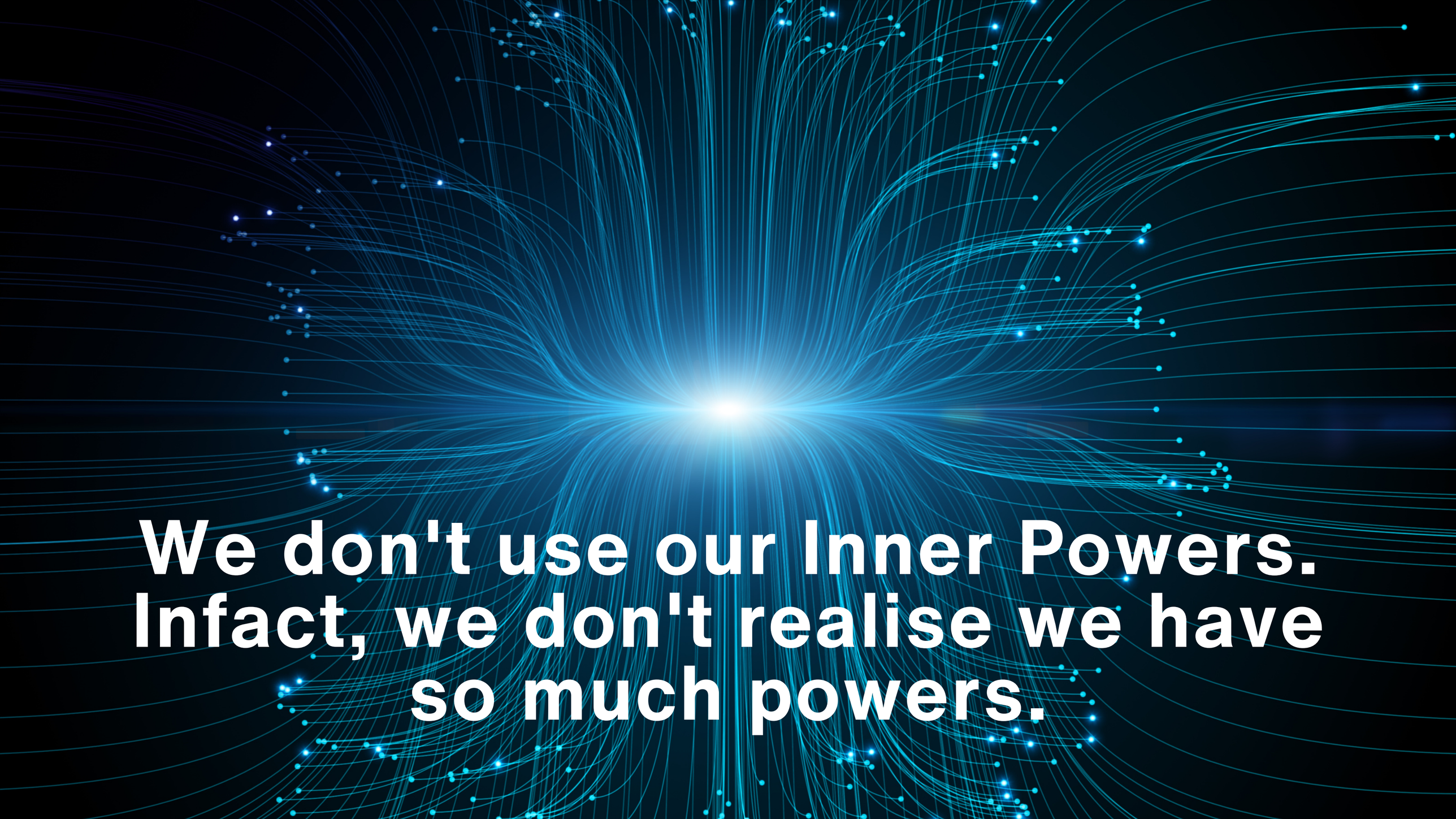
Reasons for low self-esteem



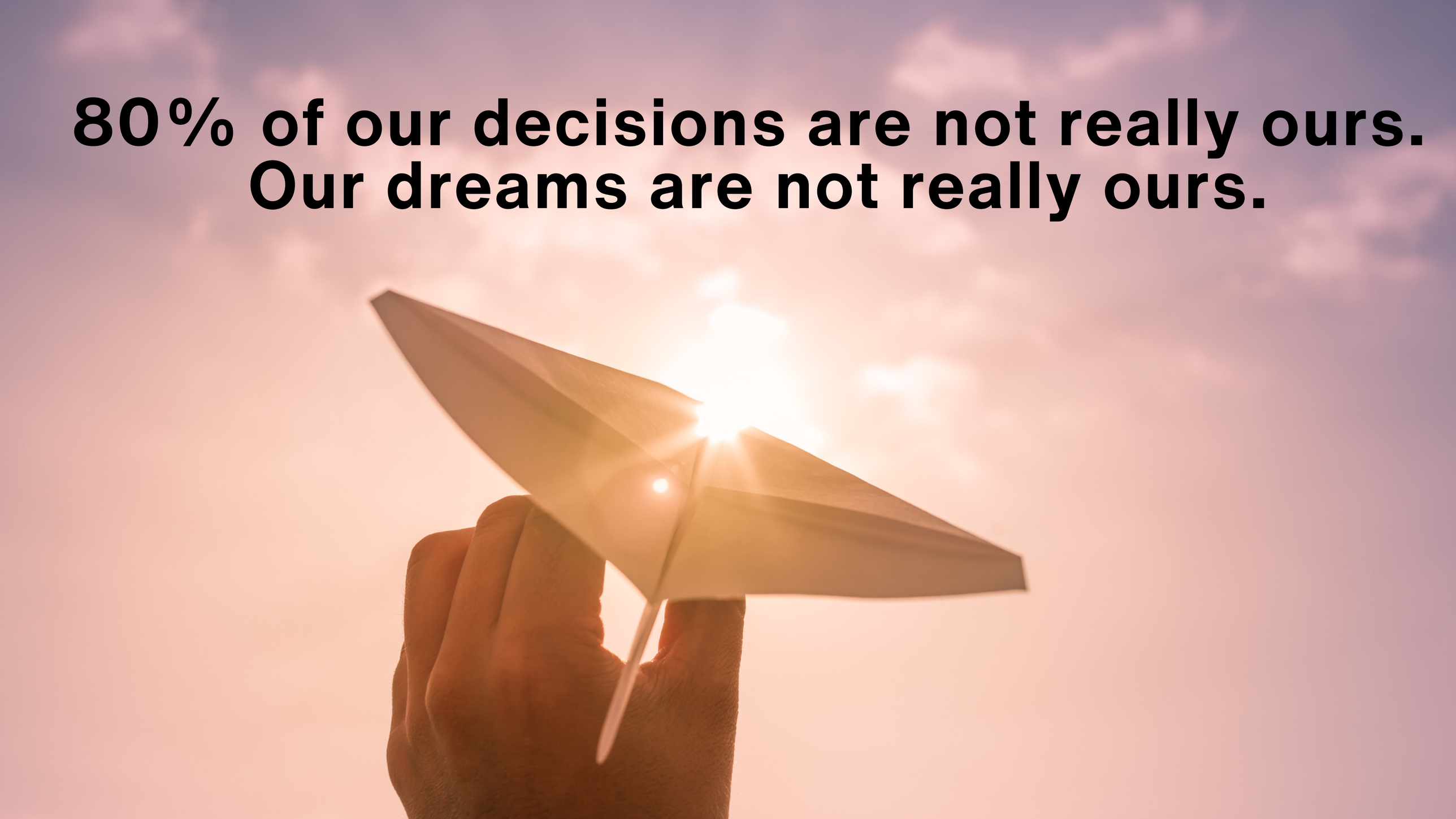


We listen to our Mind, not Soul


We are not honest
in our Thoughts,
Words and Actions

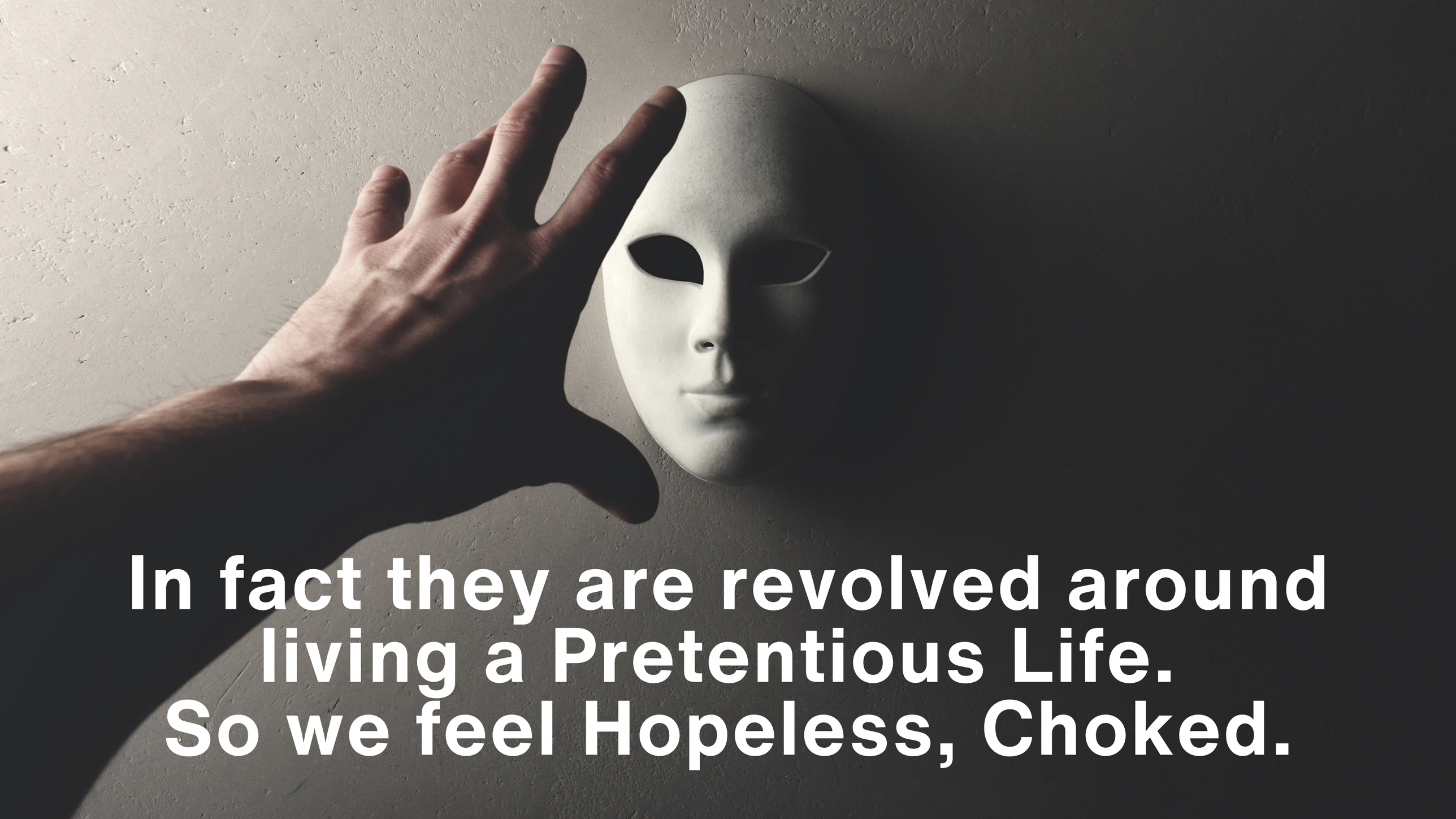

We don't use our Inner Powers.
Infact, we don't realise we have
so much powers.

80% of our decisions are not really ours.
Our dreams are not really ours.



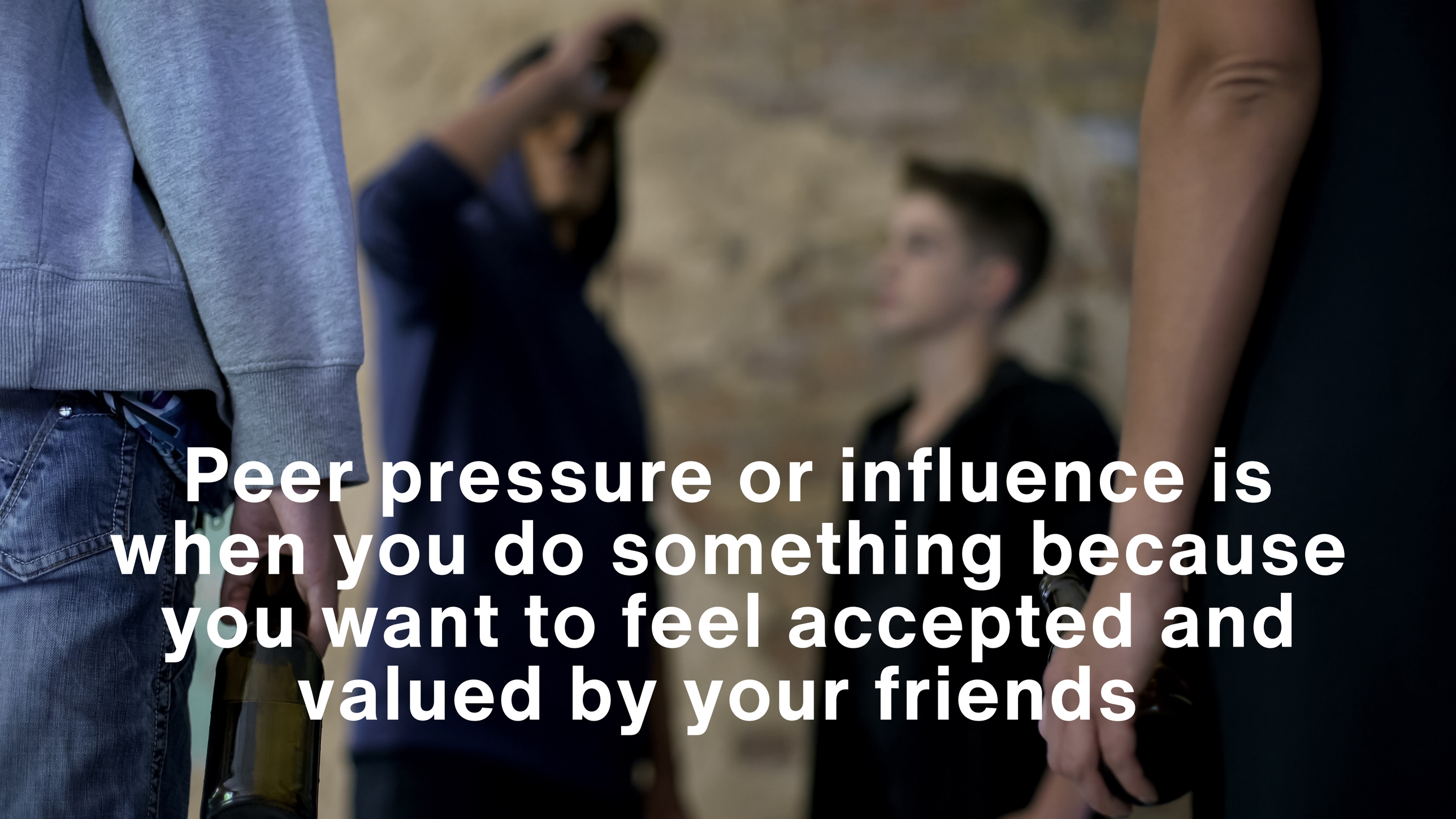
Our decisions are not really revolved around Truth, Reality and Happiness




In fact they are revolved around
living a Pretentious Life.
So we feel Hopeless, Choked.


Time to do the things which makes me feel good about myself.


Don't wilt
under peer
pressure


Peer pressure or influence is when you do something because you want to feel accepted and valued by your friends


Start thinking Elevated, Highly
about you. It's not arrogance.

Being Om Shanti

