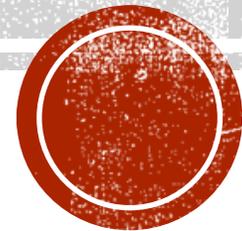


SELF-ESTEEM IN A SELFIE WORLD

**By
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THE INFLUENCE OF OUR SELF-ESTEEM

- You cannot see it (But it affects how you value yourself)
- You cannot hear it (But it affects how you talk to yourself)
- You cannot touch it (But it affects how it makes you feel)

- Self-esteem is your opinion of yourself...and much more. It is your core foundation from where you tap into your inner confidence and motivation.



CELEBRITIES / CEOS / CORP PROF / GEN X / GEN Z / WELL-KNOWN PERSONALITIES

You **ARE NOT ALONE**. Famous people have all experienced low self-esteem.

People who are constantly in the news, facing judgment by millions, who are **criticizing, liking, commenting** every time they appear on social media. Their self-esteem is constantly **taking a hit**.

- Many have struggled with self-esteem issues at some point in their lives



CONDITIONING FROM CHILDHOOD

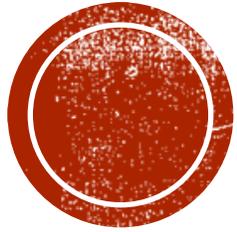
- Parents – tell us what to do
- Family members – advice us how to behave
- Teachers – train us to be better
- Neighbours – judge our way of thinking and behaving
- Society – expects us to do what everyone else does
- Culture – maps our future, and we follow
- Media – points the way of what is trending

Almost everyone who guides us has an expectation/

We are not good enough. We are in constant fix-it mode



INNER CRITIC KILLS OUR SELF-WORTH



I am a failure! I am such a useless person! I should not have made that mistake! How can I be so stupid!

Look at that person, so perfect! I am nothing compared to them! I am too fat/too thin/ugly/short/tall/dark/fair/dumb!

Did you know that how you talk to yourself everyday affects you deeply, and over the years results in mental health issues. The daily battle with self-hate, self-criticism, and self dis-respect drains your energy.

CULTURE OF COMPARISON

- **Imposter Syndrome:** 'I am a fake someone will find out.'
- **External Evaluation:** 'I have to look perfect, be perfect, and act perfect.'
- **Fear of Failure:** 'What will people think?'



HOW CAN YOU TELL IF YOU HAVE A FRAGILE SELF-ESTEEM

- Do you criticize yourself all the time?
- Do you compare yourself to others a lot?
- Do you doubt yourself, your achievements and feel like a fake?
- Do you constantly feel you are not good enough?



SELF-REFLECT ON YOUR SELF-ESTEEM

- **If you answered YES.....**
- **You need to focus on being a friend to yourself. Accept who you are as you are.**
- **You need to reboot your inner critic, turn it into a friend**
- **You need to remember that you are worthy of respect and you are capable of achieving your dreams.**



SELF-ESTEEM IN A SELFIE WORLD

LEARN HOW TO DEAL WITH IT

If you are struggling with low self-esteem, I can help you shift your mindset to look at yourself through a lens of positivity. To develop self-belief. I can help you tap into your inner self and be courageous, confident, be self-valued, self-respected, and self-reliant.

For a paid one-hour session you will notice the difference.

I am offering a free 20-minute session.

Contact me to set up a Zoom call:
contact@shobhanihalani.com

