

# Chapter 4 Success Secrets

**Self-esteem motivates you to work hard and succeed. (p. 122)**

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**When you feel good about yourself, you have the confidence to try new things. (p. 123)**

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**Having healthy self-esteem lets you feel good about your accomplishments, big or small. (p. 129)**

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**Remind yourself that there are people who love and appreciate you. (p. 131)**

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**Supportive, nurturing relationships help guard against loneliness and low self-esteem. (p. 131)**

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**No matter what your age, you can learn to value yourself. (p. 134)**

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**It's not what you can't do that holds you back—it's what you *think* you can't do. (p. 134)**

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**To boost your self-expectancy, work to accomplish a series of increasingly difficult goals. (p. 136)**

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**When you face your problems head-on, your self-esteem grows. (p. 139)**

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**Your skills and personal qualities are unlike anyone else's. (p. 141)**

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**For self-acceptance, you need an accurate view of your strengths and weaknesses. (p. 142)**

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**Think of yourself as your body's friend, not its enemy. (p. 147)**

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**Measure your progress according to your goals, not someone else's. (p. 148)**

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**Remember the difference between fantasy and reality. (p. 150)**

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**Your inner critic hurts your self-esteem by repeating negative messages from your past. (p. 152)**

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**Learn to stop the inner critic in its tracks. (p. 153)**

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**Turn your negative self-statements into positive affirmations. (p. 153)**

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**Criticism often stems from a simple difference of opinion. (p. 156)**

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**Constructive criticism helps you improve yourself. (p. 157)**

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**Listen to constructive criticism, restate it, then ask for suggestions. (p. 157)**

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**Acknowledge destructive criticism, then correct any errors. (p. 159)**

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**Before you respond to a vague criticism, probe for specifics. (p. 159)**

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**You have the right to be treated with respect. (p. 164)**

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