

**TEN SIMPLE CHOICES
FOR BUILDING SOUND SELF ESTEEM**

- 1. Choose to know yourself as a unique and precious Soul with a divine heritage; that you are equally valued and worthy as is every other Soul.**
- 2. Choose to discover that even though your worldly status, wealth and position may be unequal with other Souls with different life plan learning agendas, in the eyes of the creator all Souls are equally loved and precious.**
- 3. Choose to refrain from comparing yourself with the expressions or experiences of other Souls; for only a fraction of your true self is obvious.**
- 4. Choose to not live in other peoples opinions; for opinions are like noses, everyone has one; and if you would not live in someone's nose, then why would you want to live in their opinion.**
- 5. Choose to be your own authority; discern for yourself, make your own decisions and gain wisdom from the results of your own choices.**
- 6. Choose to be true to yourself by choosing for your own values, your own standards, or your decisions of appropriateness; even when unpopular.**
- 7. Choose to have no need to try and prove your worth by what you achieve in the world; realise that Soul can not prove or disprove Its worthiness by any actions, possessions, prestige, or the opinions of others.**
- 8. Choose to look upon your own life and wellbeing as your priority responsibility; this will allow you to give to others from your overflow.**
- 9. Choose to acknowledge that everything recognised as good and beautiful in another Soul or in nature, must first be present within your own inner world for you to be able to also re-cognise the same qualities in the outer world.**
- 10. Choose to remember that you are continuously growing into and discovering more and more of the inner beauty and majesty of who you are, of what you are in essence, this will bring more and more realisations that you are sufficient; that in Soul's true self you are complete and enough.**

I am a Seed for being your own best friend, a Seed of Friendship from; www.goodwillpeople.net