

Growing Self-Esteem

Steel industrialist Andrew Carnegie observed that power is in the source of wealth, not in the wealth itself. He said, “You can take away our factories, take away our trade, our avenues of transportation and our money – leave us nothing but our organization – and in four years we would reestablish ourselves.”

This philosophy also applies to self-esteem, according to Nathaniel Branden, writing in *Self-Esteem at Work*. Branden, a psychotherapist and writer best known for his work in the psychology of self-esteem, said self-esteem will grow if you ...

- **Live consciously.** Be aware of whom you are and what you are doing. Be eager for information and feedback. Seek to understand your world and the world around you.
- **Act self-responsibly.** Realize that you are responsible for your own choices. Don't ask, “Who is to blame?” Ask, “What is to be done?”
- **Practice self-acceptance.** Take responsibility for your thoughts, feelings, and actions. Avoid denial.
- **Be self-assertive.** Have the courage to stand up for who you are. Refuse to allow yourself to be controlled or altered by the fear of disapproval.
- **Stick to your values.** Demonstrate personal integrity by telling the truth, honoring commitments, and dealing with others justly and considerately. Conduct your life by merging what you know, what you profess, and what you do.

To be effective in the workplace – or in our personal endeavors – we must feel confident about the person God made us to be, and recognize and develop the particular abilities He has given us.

– Beecher Hunter