

Pillars of Success

Self-esteem is imperative to your success in business and the health-care initiatives in which we are involved.

Nathaniel Branden, author of *Self-Esteem at Work*, offers “six pillars of self-esteem:”

1. **Living consciously.** Be aware and open to everything around you, including information, knowledge, and feedback. Recognize the truth about yourself, no matter how painful.
2. **Self-acceptance.** Don't be too critical of yourself. Accept your thoughts, feelings, and actions without denial.
3. **Self-responsibility.** Take responsibility for your thoughts, feelings and actions.
4. **Self-assertiveness.** Be direct and honest in your relations with others.
5. **Living purposefully.** Choose your goals, and work to achieve them.
6. **Personal integrity.** Honor honesty and commitment. Avoid hypocrisy.



Branden has some good observations. If each of these pillars is well in place for you, then your self-esteem is intact. If not, begin to build or rebuild your self-esteem one pillar at a time.

– Beecher Hunter