



FIND YOUR
PASSION



FACE
REALITY



FIND THE
INTERPLAY



19

**PERSONAL
DEVELOPMENT EXPERTS
SHARE THEIR EXPERTISE**

On Self-Esteem



1

KIRSTIE GANOBNIK

WWW.ENLIGHTENMENTFORSCHMUCKS.COM

"Self-esteem is a mindset, and it starts by redefining success."

2

ERIC S BURDON

[FIND HIM ON YOUTUBE](#)

"I identified what parts I was bashing and started to take action to change them."

3

CIARA DELGADO

STAG HUMAN PERFORMANCE

"The greatest disservice one could ever commit, would be to never TRY."

4

SID SAVARA

SIDSAVARA.COM

"This may not be easy, but try to honestly think about who makes you feel good to be around them."

5

COURTNEY CARVER

[BE MORE WITH LESS.COM](http://BE.MORE.WITH.LESS.COM)

"We often let our minds get carried away telling stories that may not be true."

6

MICHAL STAWICKI

WWW.EXPANDBEYONDYOURSELF.COM

"My tip is to start spending more time with people with high self-esteem."

7

NADALIE BARDO

[ITS ALL YOU BOO.COM](http://ITSALLYOUBOO.COM)

"I am convinced that there's nothing a great song or two can't make better."

8

HARLEENA SINGH

AHA!NOW.COM

"Focus on the positives. That will make you feel good and happy about yourself."

9

DRAGOS ROUA

[CHECK OUT HIS BOOK HERE](#)

There will always be this little thing that you did each and every day."

10

KAEL

WWW.GROWTHGUIDED.COM

"The rewards of easing someone else's pain or putting a smile on their face impacts you immediately."

1 1

COACH CAROLYN

SHINEWITHCAROLYN.COM

"Be focussed on what you want to do.
From doing the dishes to creating a huge
Organization. Focus."

1 2

JEFF CLARK

WWW.BRIGHTPLAN.COM

"Break down a big obstacle into a
series of small steps."

1 3

STACY-ANN HAYLES

STACYANNHAYLES.COM

"Challenge yourself for thirty days to find something you like about your body."

1 4

DAN LEIGH

WWW.DANLEIGHPUBLISHING.COM

"This memory puts me into a state of peak confidence. What I am after is called the "flow state."

1 5

CIARA CONLON

WWW.CIARACONLON.COM

"Replace the negative thought with a positive encouraging one."

1 6

VICTOR SCHUELLER

ANIMITYHEALTH.COM

"This requires the action step of self-reflection"

1 7

JESSICA SWEET

WWW.WISHINGWELLCOACH.COM

"You can start to prove to yourself that your perceptions about yourself are false, and build the confidence muscle."

1 8

PHIL

SELFDEVELOPMENTJOURNEY.COM

"Stop shooting for perfect and learn to embrace your best."

19

ANGELA ARTEMIS

WWW.POWEREDBYINTUITION.COM

Higher self-esteem is your ticket to freedom and living up to your full potential; go for it!"

THANKS FOR CHECKING OUT THIS
EXPERT GUIDE: IF YOU HAVE ANY
QUESTIONS EMAIL ME AT
JORDAN@JMRING.COM AND I WILL
BE HAPPY TO HELP.