



Day #5: Affirm Others

Welcome to Day 5 of the "Be True To You" 5 Day Challenge to Igniting Healthy Self-Esteem. Wow, you made it!!!!!! Congratulations! Aren't you excited? I am so proud of you!

It has been my pleasure to be your coach and share with you during this challenge.

Today we're going to be talking about the surprising power of affirming others.

Reflection: Few people realize this, but affirming others is a powerful tool to boost your own self-esteem.

It forces you to think through the things you appreciate about others, which in turn, makes you more attentive to your own strengths.

Affirming others also strengthens your positive relationships. The more you are surrounded by positive people, it reinforces all the actions you've learned throughout this challenge.

Finally, affirming others often leads to others affirming *you*, which creates a circle of positive energy. The reason you affirm others is not to get compliments about yourself, but it is the reward that makes it all worth it.

Mike Gayle said: "No matter how sure you are of someone's love, it's always nice to hear it."

By taking the time to affirm others, you build both their self-esteem and yours. It's a total win-win!!

Action: Write down the three positive people from yesterday's action item. Under each person, write down three things that you really appreciate about them. This can be anything, from their sense of humor to their work ethic, to their love for nature. It doesn't need to be anything profound, just meaningful.

After you've written down three items for each person, contact them via telephone, email, or text, and tell them how much you appreciate them. Affirm their strengths and make no comments about their weaknesses.

Your goal is simply to affirm them and make them feel good about themselves.

What you'll discover as you do this is that it creates a true cycle of affirmation, with you affirming others and others affirming you.

As this happens, you'll see your self-esteem increase and you will have the healthiest self-esteem you've ever had.

Remember to affirm 3 people today. After you affirm them, head over to the private [Facebook](#) group and share how they responded to you and how you felt afterward.

**CONGRATULATIONS ON COMPLETING THE "BE TRUE TO YOU" 5 DAY
CHALLENGE TO IGNITING HEALTHY SELF-ESTEEM!**

Join me LIVE tonight at 7PM CST for our final lesson.

Your Purpose Pusher
Eboni Montsho Ignites

