



Exercise Book

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**Ways To
Skyrocket Your
Self-Esteem**

Marisa Peer



Discover how to supercharge your confidence and self-esteem, and finally break the cycle and rut of negative self-talk. Using the tools in this workbook, you can build a super-strong sense of self-worth to have a better relationship with yourself, to achieve anything.

When you genuinely love yourself, you change how you see yourself and how other people see you. When you feel lovable and confident, you attract and maintain excellent relationships, friendships, and opportunities.

The exciting part is that you can naturally generate high self-esteem and inner confidence that radiates within you, and this workbook is here to show you exactly how.

- Marisa Peer

“When you truly believe in yourself, you can achieve anything.”

Before we begin, Marisa’s message to you is to know that you are enough. You are unique. You are amazing. Just like your fingerprints, no one else in the whole world has your unique talents, skills, passions, and experiences. Everything you have been through has brought you here to this moment. Every challenge was an opportunity to learn, to grow, to develop, to become who you are and all that you are capable of.

This inspiring workbook is going to show you how to skyrocket your self-esteem through the following exercises. Take time to go through each section at your own pace, and refer to it daily.

The 'Self-Praise' Exercise

Give yourself the self-praise you deserve.

Self-esteem comes from what we think, feel, and believe about ourselves. The art of practicing self-praise can fast-forward your progress when it comes to your self-esteem and radiating confidence.

When you say kind words to yourself, your mind doesn't know, or care, where the words came from; it just takes them in. However, praising yourself is even more powerful than praise from others because every word you say to yourself forms a blueprint, and your body reacts to match the commands you give to your mind.

The Self-Praise Exercise:

Write down ten different ways to praise yourself, and take the time to dig deep into all the things that make you unique and special. Examples: "I am funny/I am a great listener/I am great at solving problems."

(Type your answer below) 

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

"You are enough. You always have been enough, you always will be enough."

The 'I Am Enough' Exercise

Remind yourself every single day that you are enough.

The longest relationship you'll ever have in your life is the relationship you have with yourself, so begin to fall in love with you.

Marisa's 'I Am Enough' movement has been transforming the lives of people worldwide, and it is no surprise why. Marisa shares: "I have seen over and over how a simple, profound, and life-changing mantra of 'I Am Enough' can build self-love and eliminate limiting beliefs and behaviors forever. What's more, it's free, easy, and anyone can do it."

Having self-confidence and high self-esteem can be a lot more powerful than it first may seem. When a person is confident and secure in themselves—genuinely believing that they are enough—they can achieve abundance in life. We all have wants, needs, and desires, yet many people do not realize that their confidence is the key to unlocking their goals.

Saying 'I Am Enough' to yourself every day is a super exercise. However, the power lies in writing it out every day so you can lock it into your subconscious. By doing this, you will see your confidence soar as your mind starts to believe what you are telling it—that you are enough.

You can write 'I Am Enough' on your bathroom mirror or a post-it note stuck somewhere where you will see it every day, such as a laptop or fridge. Make sure that you repeat it every day.

The 'I Am Enough' Exercise:

This practical exercise involves getting creative around your home and workspace too. Write the words 'I Am Enough,' where you'll see them daily—start by marking your mirror.

Other ideas and places to write it:

- As a screensaver on your cell phone or hand-held device
- In a diary or calendar as your daily reminder
- On your computer or TV home screen
- Create it as your password (with other characters)
- Keep it as a keyring

The ‘Unfamiliar’ Exercise

Make harsh, critical words unfamiliar.

It might be an instinct to look in the mirror or respond to your minor mistakes with negative thoughts and words about yourself. Many of us have trouble accepting ourselves fully. We may find it easy to appreciate our strengths, but we develop an overwhelming sense of judgment and rejection regarding our flaws and failures.

We often aren’t even aware of the unkind words that we say to ourselves. Our minds are naturally hardwired to return to what is “familiar.” If we are so used to saying negative things to ourselves, NOT saying negative things to ourselves is “unfamiliar,” and we need to change it.

Our minds naturally go back to what we are used to.

Therefore, we first need to recognize and become aware of what we are saying to ourselves. Only then can we replace that critical dialogue with a positive affirmation. By understanding our patterns and the blueprint we have formed, we also get the power to change them to have the self-esteem we deserve.

If you have ever been unreasonably hard on yourself, or find it challenging to get over your failures or weaknesses, then now is the time to let that go and be kind to yourself.

The “Unfamiliar” Exercise:

Step 1: Write down all the harsh words you say to yourself in the first column below (unfamiliar affirmations). Simply recognize that they will soon become “unfamiliar” and allow yourself some kindness and compassion.

Step 2: Write down all the positive words which can replace the harsh words in the second column below (familiar affirmations) and write out what you can say instead. For example:

Unfamiliar column: “I’m so stupid, I never get anything right.”

Familiar column: “That didn’t go as I wanted it to, but I’ve learned how to approach it next time.”

Step 3: Strikethrough the first column (the unfamiliar affirmations) and focus on the positive perspective you can now take. This exercise takes conscious effort to change your language, but by writing down the better words you can use, you’re already training your mind to see things differently. Practice this as much as you can, try to catch yourself and rephrase your unfamiliar words to familiar ones:

When we follow our heart's desire, we have a greater sense of purpose. You can do this by connecting to what you loved to do as a child, particularly between 7-14 years old, and tap into where your unique skills and talents are. If you have the option, you might be able to ask any relatives what you enjoyed, too, if you need help.

We often lead busy lives, and we forget the simple things we used to enjoy as children. It could be a hobby that you haven't picked up for a while, a skill that you are good at, an exercise you enjoy, putting on some music and dancing, an idea you once had to create something, an interest or topic you want to study, or simply, reading your favorite book.

By recognizing and honoring your desires, you communicate to yourself and others that you are worthy of a fulfilled life. By allowing yourself this self-care, you reinforce the message in your mind that you are worthy.

The 'Forgive Yourself' Exercise:

Use this space below to explore what lights you up—take time to remember what you loved, particularly between the ages of 7 and 14 years old. If you need some help or more guidance, [>>watch this video.](#)

1. Write out the activities you loved between the ages of 7-14 years:

2. Answer this question: "What makes me feel really good?"

3. Answer this question: "What gives me energy?"

4. Do you currently do any of these things? Make a date here, and in your diary, where time is set aside to do whatever it is (paint, dance class, cycle outdoors, etc.)

The key to self-esteem starts with loving yourself.

Remember that your self-worth feeling starts with accepting yourself fully, and knowing that you—alone—are enough.

If you are looking for success, abundance, or fulfillment in your personal life, relationships, or career, the starting point is always having confidence in yourself. It is a beautiful feeling when you believe in yourself, and the more you grow in confidence, the more you grow in self-esteem.

You deserve to live a full life.

Marisa's 'I Am Enough' program has been transforming the lives of people worldwide and is the core principle behind the viral 'I Am Enough' movement. Through her cutting-edge techniques and radical self-love methods, 'I Am Enough' has been designed to equip you with the tools you need for building an unshakable belief in yourself in eight areas of your life.

We often aren't aware of our subconscious blocks, and why we self-sabotage, so we continue to run over the same patterns. 'I Am Enough' works on multiple levels by getting to the root cause and digging deeper. The program combines Cognitive Behavioral Therapy, Neuro-Linguistic Programming, as well as eight hypnosis audios to specifically rewire your conscious and subconscious mind at the same time.

The key to unlocking your full potential, happiness, success, abundance, confidence, and fulfillment lies within your mind.

Marisa teaches you that you can have everything, keep everything, and enjoy and share it to improve your whole outlook on life.

Discover the more confident, “enough” you with ‘I Am Enough.’

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