

# 25 WAYS TO BUILD SELF-RESPECT



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# Introduction

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Self-respect is a fundamental component of a person's mental and emotional well-being. It's the foundation of a positive self-image, and it enables people to navigate life's challenges with confidence and resilience. When a person has a healthy amount of self-respect, they understand that their place in the world is meaningful and important.

However, building self-respect is not always easy. It requires a commitment to self-improvement and a willingness to confront your fears and shortcomings head-on, which can be incredibly challenging.

To make the process a little easier, consider these twenty-five different ways to build a stronger sense of self-respect. From setting boundaries to practicing mindfulness, these strategies can help you strengthen your sense of self-worth and live a more fulfilling life.

# 25 Ways To Build Self-Respect

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## **Set and enforce boundaries with all of the people in your life.**

Setting and enforcing boundaries is an important part of building self-respect. It's important to know your limits and communicate them clearly to others. Learning to set and enforce personal boundaries can help you build self-respect. It's important to set boundaries and say no to things that don't align with your values, morals, or goals.

A boundary is a limit you place on certain actions and behaviors from others. When you set a boundary with someone, you are clearly communicating to them what you consider okay and not okay. Whenever you set and enforce a boundary with someone, you are reminding others (and yourself) that you deserve respect.

Setting a boundary involves communicating your limitations clearly with others. When you set a boundary, you explain to someone what behaviors and actions you will and will not tolerate. Enforcing a boundary requires you to follow through on consequences if the person continues to cross it.

When you enforce the boundary after setting it, you ensure they are following through on respecting your boundary by acting on the noncompliance. For example, you may explain to a friend that you will not tolerate mean, negative comments about your appearance. If they continue to make the comments after the boundary has been set, you may move forward to change your relationship with them.

Every time you set and enforce a boundary with someone, you are reinforcing the idea that your needs and desires are important and deserve respect for yourself and others. Not only does this help you build healthy relationships with the other people in your life, but it also helps you build a healthier relationship with yourself filled with lots of self-respect.

## **Take good care of your physical health.**

Taking care of your physical health can boost your self-respect. Eating a healthy diet, exercising regularly, and getting enough sleep can make you feel better about yourself.

Every time you make a good choice that benefits your physical health, you are doing more than only taking good care of your body – you are sending and reinforcing an important message to your mind. Every time you eat a nutritious meal, drink water, get sleep, and move joyfully, you are reinforcing the fact that you deserve respect and care, and that you are willing to provide those needs for yourself.

## **Focus on your strengths and take advantage of opportunities to exercise them.**

All people are born with their own unique sets of strengths and weaknesses. Unfortunately, it can be easy to focus on your weaknesses, causing you to only notice where you lack rather than where you shine.

Instead of dwelling on your weaknesses, focus on your strengths. Recognize what you're good at and find ways to use those strengths to your advantage. Take advantage of any opportunities you have to exercise your strengths. Every time you use your strengths, you are not only benefiting yourself and others with your talents, but you are also reinforcing the notion that you are valuable, important, and capable of spreading goodness into the world through those strengths.

## **Invest time in learning new skills.**

Learning new skills can help you build more self-respect. Skill building can be anything from taking a cooking class to learning a new language. Think of learning new skills like adding tools to

your personal tool chest – over time, your skills will stack up, ensuring that you are capable of solving any dilemma that comes your way.

The more you learn, the more confident you'll become. Rather than feeling weak and unknowledgeable, you will be able to exercise your newfound knowledge in ways that are productive and helpful, which is a huge self-respect booster.

## **Take responsibility for your actions – especially when something goes wrong.**

Taking responsibility is a critical component of building self-respect. When you take responsibility for your actions and decisions, you acknowledge that you do have control over your life, and you are accountable for the consequences that follow the varying choices you make. This is especially important to do when you take an action that leads to something going wrong. Learning how to admit to your mistakes, no matter how embarrassing or shameful they may be, is a crucial part of protecting your own sense of self-respect.

By doing so, you demonstrate a commitment to yourself and your values, and you prove to yourself that you are capable and trustworthy. Some other self-respect boosting bonuses include building your credibility with others, feeling like you can trust yourself to do well (even when things didn't go right), and developing your character further.

## **Surround yourself with positive, upbeat, and supportive people.**

Surrounding yourself with positive people can help boost your self-respect. Positive people can provide you with support, encouragement, and inspiration.



Keep a close eye on the company you choose to keep. Surrounding yourself with positive, upbeat, and supportive people is a great way to ensure you are more likely to develop these same positive and upbeat attitudes yourself. Surrounding yourself with that kind of positivity on a regular basis and then also adopting these same positive attitudes is a wonderful way to feel more self-respect.

It is also important to consider the other side of the scenario. If you choose to surround yourself with negative people, you will likely lose some of your self-respect. It is difficult to feel good and upbeat about anything when you surround yourself with people who do not also practice self-respect. Rather than allowing these kinds of attitudes to influence your personal space, seek out positive, upbeat, and supportive people.

### **Practice lots of regular self-compassion.**

Practicing self-compassion can help you build self-respect. Treat yourself with kindness and understanding and be patient with yourself when you make mistakes. You are not a perfect human being, and expecting yourself to be perfect all the time is completely unreasonable and impossible.

It is critical to remember that everybody makes mistakes; there are no perfect human beings in the world. Even your most seemingly perfect friends and acquaintances make mistakes and fail at things.

Just like all of these other people in the world, you are no different: you are also going to make mistakes and experience failures, so it is crucial that you treat yourself with kindness and understanding when something goes wrong.

## **Set realistic goals for yourself.**

Setting realistic goals can help you build self-respect. It's important to set goals that are achievable and realistic, so that you can feel a sense of accomplishment when you achieve them.

A great way to set realistic goals for yourself is to take your larger, long-term goals and break them down into smaller, more easily achievable mini goals. As you accomplish your series of mini goals, you will be able to see a path towards progress, even if it feels like you aren't moving quickly or in a linear fashion.

Seeing your progress towards meeting a big goal isn't always easy, but setting realistic goals makes it much easier and helps you build more self-respect along the way.

## **Take pride in all of your accomplishments, whether they are big or small.**

Celebrate your accomplishments, no matter how small they may seem. Recognize your hard work and give yourself credit for your achievements. This does not mean you have to throw a big party for every single little thing you accomplish, but the way you talk to yourself about all of your accomplishments is crucial.

For example, if you do a good job on a project at work, make a point to tell yourself “good job” out loud. It may seem silly to talk to yourself out loud, but doing so is a great way to solidify the positive language into a truth. If a coworker gives you a compliment on your project work, do not deny their compliment. Instead, say thank you and accept it for what it is.

No matter how the opportunity presents itself, taking pride in all of your accomplishments no matter how big or small they are, is a great way to build more self-respect in your life.

## **Practice gratitude every day.**

Practicing gratitude can help you build a stronger sense of self-respect. Focus on what you're grateful for in your life and try to appreciate the good things that come your way. There are a variety of ways you can practice gratitude each day. for example, you can...

- Keep up a daily gratitude journal
  - Make a point to tell your friends and family how much you appreciate them being a part of your life
  - Tell your coworkers, neighbors, and other acquaintances that you appreciate what they do
  - Talk to yourself out loud about the nice things happening to you in your own life
  - Express thanks to the universe for providing you with great blessings
- ...and many more!

Is no limit to the many ways you can express gratitude. The most important part is that you take time to do it every day. Doing so will help you build self-respect because it makes you realize everything you have to be grateful for in your life.

## **Develop a positive mindset.**

Developing a positive mindset can help you build self-respect. Try to focus on the positive aspects of situations and avoid dwelling on the negative. Unfortunately, many people speak to themselves in a negative manner and adopt a negative outlook on their lives. Staying in this negative zone too long can ruin your sense of self-respect.

Instead, it is crucial to develop a positive mindset. If you are used to being a negative person, it can take a lot of time and energy to correct these behaviors. However, it is possible to do so. For example, if you catch yourself thinking a negative thought, you can stop your thoughts and trade

it out for its direct positive opposite. Over time, he will begin to notice your thoughts naturally drifting over to something more positive.

## **Live an honest life.**

Don't lie, don't cheat, and don't steal. Living in dishonesty can really take a toll on your self-respect. Always live your life in a way that allows you to look in the mirror and feel proud.

Every time you set and enforce a boundary with someone, you are reinforcing the idea that your needs and desires are important and deserve respect for yourself and others. Not only does this help you build healthy relationships with the other people in your life, but it also helps you build a healthier relationship with yourself filled with lots of self-respect.

## **Be true to yourself.**

Being true to yourself can help you build self-respect. It's important to live in a way that's true to your values and beliefs, even if it's not popular or easy. For example, some of your beliefs and interests may go against what is considered normal or expected by general society.

However, ignoring those beliefs and values may feel like you are denying your true self. This communicates that your beliefs and interests do not matter to you, and that is damaging to your sense of self-respect. When you sabotage your own values and step outside of what you feel good about doing this compromises your self-respect.

Instead of fearing judgment from others, allow yourself to focus on the importance of being true to yourself. Not only will it help you feel better about who you are and how you approach your life, but it will reinforce the idea that who you are is good enough without needing to change for others. Talk about a major self-respect boost!

## **Practice engaging in mindfulness exercises.**

Practicing mindfulness can help you build self-respect. Mindfulness can help you become more aware of your thoughts and emotions and can help you develop a more positive outlook on life.

Engaging in mindfulness does not require the leadership of any fancy instructor or meditation guru. You can engage in mindfulness for free from anywhere you are. Whenever you notice your thoughts are wandering, your anxiety is rising, or you are feeling especially preoccupied by something that is unimportant, you can engage in a basic mindfulness exercise to reconnect you to yourself and your present moment.

These basic mindfulness practices are a great way to build self-respect because they can stop damaging thought cycles and help you focus on the here and now.

## **Get out of your comfort zone whenever you can.**

It is understandable why people do not like leaving their comfort zones...after all, they don't call it comfortable for nothing! While spending time in your comfort zone can be rejuvenating and relaxing, it isn't a place you want to stay forever. If you live full time in your comfort zone, you will never learn or grow as a human being. This can be detrimental to your sense of self-respect.

Getting out of your comfort zone can help you build more self-respect. Trying new things and taking risks can help you build confidence and self-esteem. For example, you can take small opportunities to step outside of your comfort zone to make it seem less intimidating.

You can do something as simple as trying a new restaurant or shopping at a different grocery store than usual. Regardless of what stepping out of your comfort zone looks like for you, doing so will accomplish the same feat: it will help you build a stronger sense of self-respect anytime you push yourself to try something different and unfamiliar.

## **Learn to forgive yourself when you fail or make mistakes.**

One of the most valuable lessons all people can learn in life is that nobody is perfect. Even your most put together, organized friends are still going to fail and make mistakes at some point in their lives. People may seem perfect, but they are not. You also fall under this imperfect category with everyone else, and that is why learning how to forgive yourself when you fail or make mistakes is crucial for building more self-respect.

Learning to forgive yourself can help you build self-respect. It's important to let go of mistakes and move forward, instead of dwelling on them. People who choose to ruminate constantly on failures and mistakes lead miserable lives with very little self-respect.

Instead of allowing themselves to move forward and continue leading a good and fulfilling life, they choose to remain rooted in the past, worried about something they cannot change.

When you fail or make a mistake, make a point to learn the lesson from the experience and then allow yourself to move forward from it. Doing so can feel difficult, but it is crucial for building your self-respect.

## **Treat others with respect.**

This may seem like a counterintuitive method for building your own sense of self-respect, but it is true: when you treat others with respect, you not only make them feel good, but you make yourself feel good, too. That's a huge win-win for everyone!

Treating others with respect can help you build self-respect. When you treat others with kindness and respect, you'll feel better about yourself. Seeing yourself make the conscious correct decision to be respectful to other people helps you see yourself in a positive light. When

you behave respectfully towards others, you build your own sense of self-respect because you know you are making the right choice.

## **Practice lots of regular self-care activities.**

Practicing self-care can help you build self-respect. Taking time for yourself and doing things that make you happy can help you feel better about yourself. In a world where your time and energy is constantly monopolized by different aspects of life, such as work, family, errands, responsibilities, and social events, it can be easy to forget that you need self-care time. However, taking good care of yourself and fulfilling your basic needs is crucial for feeling a strong sense of self-respect.

Different people approach self-care in a variety of ways. Some examples of basic self-care activities you can engage in might include...

- Giving yourself a break when working on a tedious project or task
- Taking a nap to reenergize yourself in the middle of the day
- Making a point to order your favorite food or cook your favorite meal for dinner
- Turning your phone alerts on silent after you leave work for the day
- Engaging in a hobby or activity you enjoy
- Taking a long walk outside in the sunshine and fresh air

...and many more!

## **Surround yourself with positive influences.**

Think about all the things you experience each day. You are constantly being influenced by all sorts of outlets, such as the people you see, the television you watch, the podcasts or radio stations you listen to, and much, much more. Whatever you choose to surround yourself with during the day, make a point to make those influences positive.

While you cannot control everything that invades your personal sphere during the day, you can make an effort to choose some of the influences that make appearances in your life. Making an effort to surround yourself with positivity is an excellent way to build more self-respect.

## **Practice assertiveness.**

Practicing assertiveness can help you build self-respect. Being assertive involves expressing your thoughts and feelings in a clear and confident manner, without being aggressive or passive.

When a person engages in assertiveness, they are expressing themselves as a means of protecting themselves – rather than allowing another person to “steamroll” over them, they make their desires and needs explicitly known.

Every time you engage in a little assertiveness, you are reinforcing the idea that your thoughts deserve to be known, and that is a wonderful way to bolster your sense of self-respect.

## **Learn from your mistakes.**

Learning from your mistakes can help you build self-respect. Instead of beating yourself up over mistakes, try to learn from them and use them as an opportunity for growth.

Some people will hold on to their mistakes forever, choosing to constantly ruminate over them, even though they cannot return to the past and change what happened. rather than putting yourself through this type of torture, allow yourself to learn the valuable lesson from your mistake and then take that knowledge forward with you into the future. allowing yourself to continue living your life is a wonderful way to show yourself some great self-respect.

## **Practice self-reflection on a regular basis.**



Practicing self-reflection can help you build self-respect. Take time to reflect on your thoughts, emotions, and actions, and try to understand yourself better.

There are a variety of ways you can engage in self-reflection. Some people like to journal or blog online; other people like to reflect in a more social way, such as venting their frustrations and talking about their experiences with their closest friends. However, you choose to reflect, make sure that you are paying close attention to what needs to be changed.

If you choose to self-reflect with another person, consider asking them for some feedback on your situation once you're finished. Sometimes gaining an outsider's perspective can be an excellent way to better understand your situation and find a good solution for it.

However, you choose to engage in self-reflection, use it as a way to make yourself better. In the end, this is the most important step to ensure that your self-reflection ends in more self-respect.

## **Take on new challenges whenever you have the opportunity to do so.**

Does the idea of accepting a new challenge completely intimidate you? If so, it might be time to step outside of your comfort zone when it comes to accepting new challenges.

Taking on new challenges can help you build more self-respect. When you accomplish something that you once thought was impossible, you'll feel a sense of pride and confidence. However, if you never allow yourself to take on these new challenges and see where they take you, you totally miss the opportunity to feel a sense of pride and confidence in yourself.

Even if you take on a new challenge and it doesn't work out favorably, you can still count the experience as a positive win. Changing the way you approach opportunities to take on new challenges can really make or break your sense of self-respect.

## **Keep your commitments once you make them.**

Keeping your commitments can help you build self-respect. It shows that you're dependable and trustworthy and can help you feel good about yourself. Whenever you make and keep a commitment to someone or something else, you are also establishing your sense of reliability to others as well as yourself.

Also, deciding to make and then follow through with keeping a commitment is a great way to feel a stronger sense of control within your life – since you made the commitment and followed through with it, you feel like you have the power to make a good choice, which is great for building more self-respect.

## **Give back to others whenever you can.**

Giving back to others can help you build self-respect. Knowing that you are spreading goodness and positivity out into the world by means of volunteering your time, energy, and effort is an incredibly rewarding feeling that not only helps others in need, but helps you feel an increased sense of self-respect, too.

Some options for giving back to others include volunteering, helping others in need, or simply being kind to other people you encounter in your everyday life. From the largest give-back efforts to the smallest, all of them have the power to spread goodness into the world and boost your self-respect.