

## **Self-Esteem, Money and Wealth Creation... any connection?**

With an in depth study of the essence of Self-Esteem and how it applies in our lives, I have found there is a direct link between having a healthy Self-Esteem and acquiring money and wealth. Let's understand what Self-Esteem is or isn't before we can address that link and what living with Self-Esteem and valuing ourselves, or living without it, yields.

In feedback I've received over the years, I've realized Self-Esteem is a topic that requires demystifying. Let's talk about what Self-Esteem is not, and then what it is... Many people believe that they have a strong Self-Esteem because they have so much. I have worked with people in significantly powerful positions who will tell me that they have two homes, three cars, a seasonal wardrobe and everything they could possibly outfit a home with and they believe they are strong in their sense of self. They also believe they have strong relationships, a big friendship circle and are often going out on the town or away on holidays and love their lives. When I ask these people if they would remain that way if everything were taken from them, I am often met with reflective silence and a quiet, 'No, I need to have these things to feel good.'

Why is that? Well, there are a number of reasons, but one of them is because there is a lack of balance. Having things is lovely and there is no reason to separate from having the things you want to have, but do you need to have them? "I should not be feeling good because I have things, I should feel good because I know I have value and am worthwhile, and that is where I source feeling good from and having things is lovely and easier than not having things." If I am defined by the things I have, I am only feeling good when I have things. If those things are taken from me, where do I source feeling good from? Especially if feeling good does not flow from within.

There is a huge danger in needing to outsource your value to others or to things... if the others aren't around, if your things are taken, how can you feel good? When we don't feel valuable and worthwhile enough, we don't feel worthy of receiving and if we don't feel worthy of receiving, we create a block to receiving without meaning to block ourselves. When that block is in place, it's very difficult to create opportunities to receive that flow towards you, as soon as they get close to you they will bounce off the block you've created and you may feel thwarted by unmet expectations repeatedly because of this. It is also difficult to build relationships that may serve you when you are in this position of imbalance between what you believe you are and what you wish to have.

Self-Esteem is the conscious and working knowledge of our inherent value and worth; it does not require affirmation from others to remain intact. We can only create that feeling by eradicating any feelings of inadequacy that keep us

from knowing intrinsically how valuable we are and how worthy we are of having and pursuing the things and relationships that are important to us.

Now let's look at the Self-Esteem-money link. If I don't believe I have value or am worthwhile of receiving the things I want in life, how can I claim them from the buffet life has to offer? If you spend your time pursuing money and wealth because you'll be happy when you have more, then you're probably not happy enough now. That creates a feeling of being desperate because if you don't get the money you're pursuing, you also don't get the happiness you hope for. You will also probably find that the more you pursue it, the less you find it flows towards you. If you are feeling frustrated by this kind of paradox, it's time to take stock of what keeps you from feeling secure within yourself now.

In the same way we would profile an asset, before investing in it, to assess the strengths, the areas of concern, the risk profile, the reliability, the gaps that require addressing, if we haven't profiled ourselves and do not intrinsically understand our own strengths, gaps, areas of concern and reliabilities, how can we utilize the asset we are and make the most out of our asset while investing in the world around us? That is the ideal place to begin to overcome this kind of frustration, be profiled. Then utilize the profile to assess the areas that require growth and attention to reach a higher potential and work on those areas. While you are fortifying your personal self-asset, you will find that the wherewithal to invest outside of yourself to add to the asset you already are begins to develop. The opportunities are more assessable and your results will naturally begin to improve.

If you are solid within, or striving towards being solid within, you inadvertently create a solid platform upon which assets can rest and grow. The Self-Esteem-money link is exactly that. The more equipped my sense of self, the more money I can secure in wealth for myself in the future because I know I can survive failed risks and successes and therefore I can assess opportunities, trust my advisors to fulfill their role in the process and move forward towards the goals I set for myself. I can only set significant goals AND follow a strategy to realize those goals if I believe I am worthy of receiving the results of that effort. If I do not believe I am worthy, I can not pursue the goals I set because my inadequacies will corrupt my process with distraction and fears and I will back out, back away or retreat where I should rather be standing up, moving forward and progressing.

Self-Esteem and true wealth are interlinked and they both need to be grown simultaneously to attain wealth with appreciation and a strong sense of how best to allow that money to serve you and those around you.

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