



Embrace
Your
Greatness

50 WAYS to BUILD
UNSHAKABLE SELF-ESTEEM

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Closing Thoughts

The intent of this book has been to help you thrive in the most important relationship you will ever have: your relationship with yourself. If your relationship with yourself is not good, your relationships with others and your life in general will also suffer. Self-doubt and low self-esteem will rob you of the happy and fulfilling life you deserve and will handicap your relationships in all areas of your life.

The more you love yourself, the more you will trust others and be able to develop strong connections that are healthy and mature rather than needy, demanding, dependent, enabling, or possessive. Whether you are someone's child, parent, spouse, partner, coworker, or friend, the healthier your self-view, the more you will be able to balance giving to yourself with giving to those close to you.

I hope that you have found some of the tips and activities in this book helpful in allowing you to truly embrace your greatness. Remember that you are a miracle. The chances of you being precisely *you*, among all of the trillions of genetic combinations that could have occurred, is not something to take for granted. Life is precious and special, and so are you. Don't let anyone—including yourself—ever lose sight of that fundamental truth.

If you started this journey not sure if you were “good enough,” or just feeling too fundamentally flawed to ever truly accept yourself, I hope this book has given you the information and

support you need to see yourself as a beautiful human being worthy of self-love and love from others. No matter what happened in the past, what choices you made that you now regret; no matter if your personal defeats far outnumber your personal triumphs, your greatness still remains the same and deserves to be recognized and embraced.

After you finish this book, it will be helpful to revisit certain parts that cover topics you need to work on most. Revisiting the concepts and doing the exercises over and over again will help you practice new skills and master the ability to eliminate your self-doubt, boost your self-esteem, and increase your resiliency. Undoing years of unhealthy habits of thinking and behaving takes a lot of work and practice, so be patient with your progress and just focus on moving forward, with increased wisdom and courage.

Whether you succeed or you fall short, whether you win or lose, whether you stand tall or feel small, as long as you keep striving for goodness as you grow, heal, and evolve, you already are achieving greatness. Sometimes you will reach far beyond your grasp, but remember that even when things don't turn out great, *you* still can!

Greatness is part of the journey, it's not found only in the destination. As your life unfolds, I wish you a lifelong journey of hope, commitment, positivity, growth, and healing so you can truly love yourself to love your life. You deserve it!