

# A 1-Page SELF-ESTEEM Guide (About You!)

– “7 FACTS You Really Ought To Know!” (v2018.10.05), by Steve M Nash

“Be faithful to that which exists within yourself.” – André Gide

Welcome to my 1-page guide to Who You Are, or rather who you are not. Read on for the facts...

<p><b>FACT #1: YOU ARE <u>NOT Your Habits</u></b></p> <p>Don't believe the hype! Habits can be helpful, oh yes (and harmful!) – they do not define you.</p> <p>Visit: <a href="http://smnash.com/i-think-therefore-i-am/">smnash.com/i-think-therefore-i-am/</a> (My post about thoughts we take seriously)</p>	<p><b>Fact #2: YOU ARE <u>NOT Your Body!</u></b></p> <p>Be kind about your body. (It is the only place you have to live, after all.) And be kind to yourself.</p> <p>Watch: <a href="https://youtube.com/watch?v=z2ZQwX2R2js">youtube.com/watch?v=z2ZQwX2R2js</a> (My video on self-love)</p>
<p><b>FACT #3: YOU ARE <u>NOT Your Past</u></b></p> <p>The 'past' can only happen in the NOW. Be with what's there, then, let feelings pass. Then play!</p> <p>Watch: <a href="https://youtube.com/watch?v=i1WDcfQI38w">youtube.com/watch?v=i1WDcfQI38w</a> (My Monthly Marvel video on “playing”)</p>	<p><b>FACT #4: YOU ARE <u>NOT The Voice In Your Head!</u></b></p> <p>That constant chatter in your head? Cruel taunts, I'm sure. But <i>you are the one that's listening!</i>...</p> <p>Visit: <a href="http://selfhelpcollective.com/forgiveness">selfhelpcollective.com/forgiveness</a> (My video and post about forgiving yourself)</p>
<p><b>FACT #5: YOU ARE <u>NOT The Thoughts You Have!</u></b></p> <p>... This means you don't have to believe your thinking, no matter how convincing! Instead...</p> <p>Watch: <a href="https://youtube.com/watch?v=Uet2ER2Em8k">youtube.com/watch?v=Uet2ER2Em8k</a> (My “3 Minute Heroes” video on confidence)</p>	<p><b>FACT #6: YOU ARE <u>NOT Your Mistakes!</u></b></p> <p>It is okay to make mistakes. Everyone does it. Just means you're human. <i>That's all!</i> Seriously.</p> <p>Visit: <a href="http://smnash.com/acceptance/">smnash.com/acceptance/</a> (My post about self-acceptance)</p>
<p><b>FACT #7: YOU ARE <u>NOT In Control !</u></b></p> <p>God moves in mysterious ways. (Life is random.) And no amount of 'control' changes that. I mean, you can't even rule over yourself. <i>Can you?</i></p> <p>Watch: <a href="https://youtube.com/watch?v=Q690_MCbSXQ">youtube.com/watch?v=Q690_MCbSXQ</a> (My video called 'how to be yourself'. Surprising)</p>	<p><b>(BONUS) FACT #8: THERE IS <u>More To You Than Meets The Eye!</u></b></p> <p>Hi, I'm Steve – a certified transformative coach I'd like to welcome you to the '<b>fulfilled, and at ease YOU'</b> that you may have forgotten...</p> <p>Visit: <a href="http://smnash.com/work-with-me/">smnash.com/work-with-me/</a> (Free 30 min “Strategy Session”)</p>

Thank you for reading this 1-Page Self Esteem Guide (About You!).

Do [let me know what you think of it!](#) Thanks! – Steve M Nash



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By Steve M Nash

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[Who Am I? video series](#) – Exploring who I am, by seeing who I am not

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