



# TIPS THAT WILL IMPROVE YOUR SELF-ESTEEM

1. **Positive self-talk**



6. **Surround yourself with caring people**

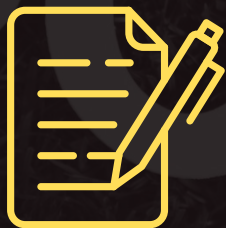


2. **Just say NO to negative thoughts**  
Stop them before they take over



7. **Eat well, exercise daily, get enough sleep and take care of yourself**

3. **Write or say 3 things that you like about yourself**



8. **Volunteer-helping others makes you feel good**



4. **Stop comparing yourself to others**  
there is only one of you



9. **Learn a new skill with a sports club or youth club**

5. **Be kind to yourself and don't beat yourself up**



10. **Accept that you aren't perfect**  
No one is

