



TIPS THAT WILL IMPROVE YOUR SELF-ESTEEM

1. Positive self-talk



6. Surround yourself with caring people

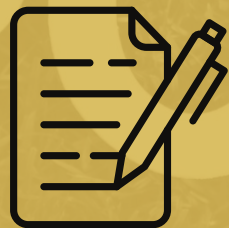


2. Just say NO to negative thoughts
Stop them before they take over



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

