

TIPS THAT WILL IMPROVE YOUR SELF-ESTEEM

1.
Positive
self-talk



6. Surround
yourself with
caring people



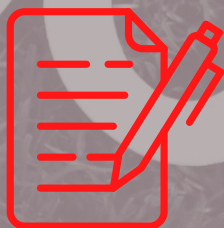
2. Just say NO to
negative thoughts
Stop them before
they take over



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

