



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



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



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

