

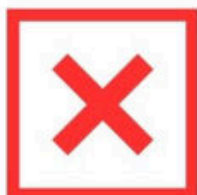


TIPS THAT WILL IMPROVE YOUR SELF-ESTEEM

1. Positive self-talk



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



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



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



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



6. Surround yourself with caring people



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



8. Volunteer-helping others makes you feel good



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



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



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