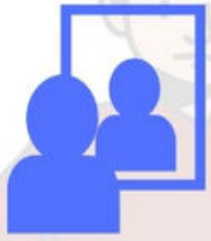


TIPS THAT WILL IMPROVE YOUR SELF-ESTEEM

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

