

# 10 Ways to Build SELF-ESTEEM

1. Identify your **needs, wants & hopes**. And make **CHOICES** that move you closer to them...not farther away.
2. Stand up **TALL**. Literally. Good posture improves **confidence**.
3. Focus on your **EFFORT** and view challenges & mistakes as opportunities to learn and grow. 🌱
4. Talk to yourself like you would to a good friend, with kindness, compassion & a good sense of humor.
5. **CREATE. BUILD. Make art.** Follow your curiosities....Do more of what helps you to feel more like amazing, lovable, grounded **YOU**.
6. **Unplug**. Go outside. Breathe. And **listen** to the birds, breeze & wise voice within.
7. Decide what is okay and not okay with you. Then hold your **BOUNDARIES** and stay true to your values. ←
8. **Connect** with others. And spend time with people who treat you the way you want to be treated.
9. Exercise daily, eat healthy food, drink plenty of water & get at least 9 hours of sleep each night.
10. Laugh. **PLAY**. Have fun. **Dance**. Get silly. 🎵

FREE PRINTABLE



# Build Your Selfesteem Cab

**Arturo Cuomo**



**Build Your Selfesteem Cab:**

## Enjoying the Track of Phrase: An Psychological Symphony within **Build Your Selfesteem Cab**

In some sort of taken by monitors and the ceaseless chatter of fast interaction, the melodic beauty and mental symphony created by the written word usually diminish into the background, eclipsed by the constant sound and disruptions that permeate our lives. However, set within the pages of **Build Your Selfesteem Cab** a wonderful literary value filled with raw feelings, lies an immersive symphony waiting to be embraced. Crafted by a wonderful musician of language, this charming masterpiece conducts readers on a psychological trip, skillfully unraveling the concealed tunes and profound impact resonating within each cautiously constructed phrase. Within the depths with this poignant examination, we shall explore the book is central harmonies, analyze their enthralling writing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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