

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. 🎵

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Vicky Barker



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Self-Esteem Building Mykim Tran,2014-03-27 This book will help individuals to believe in themselves so they can create and live a fulfilling lifestyle through using their own unique strength and talent *How to Raise Your Self-Esteem* Nathaniel Branden,1988-10-01 Of all the judgments you make in life none is as important as the one you make about yourself The difference between low self esteem and high self esteem is the difference between passivity and action between failure and success Now one of America s foremost psychologists and a pioneer in self esteem development offers a step by step guide to strengthening your sense of self worth Here are simple straightforward and effective techniques that will dramatically improve the way you think and feel about yourself You ll learn How to break free of negative self concepts and self defeating behavior How to dissolve internal barriers to success in work and love How to overcome anxiety depression guilt and anger How to conquer the fear of intimacy and success How to find and keep the courage to love yourself And much more Self-esteem Shay McConnon,1992 Strategies for building self esteem Photocopy masters Pastoral Care

Building Self-Esteem William Stewart,1999 People who feel good about themselves are more confident and enjoy a much greater sense of well being This practical self help book shows you how to overcome low self esteem develop a firm belief in yourself and your abilities and live more confidently *The Ultimate Self Esteem Guide* Jeffrey Powell,2014-08-14 THE ULTIMATE SELF ESTEEM GUIDE 2ND EDITION Steps to Building Self Esteem Confidence and Inner strength Self confidence is the strong and rational belief in your own self It involves awareness of your own strengths and capabilities It is an optimistic state of mind that leans toward the thought that you are equipped with all the required resources to positively act in response to all the challenges and obstacles that life will throw at you The level of your self confidence is a result of how you perceive your own self This has a significant influence on other people s perception of you How others relate and react to you is a reflection of your own self perception Thus if you have low self esteem it can result to other people having a difficult time believing in your capabilities You re about to discover proven steps and strategies on how to enhance your confidence in yourself It is a common belief that self confidence is essential for you to become successful in life but it is a misconception that people are born with confidence Self confidence is a skill that you can learn With time and effort you can become a self confident person who is able to live the life that you want for yourself I hope that this book you will find the inspiration and the tools you need in building your self esteem confidence and inner strength Here Is A Preview Of What You ll Learn What Is Self Confidence How Your Early Years Shaped You What Is Self Esteem How to Overcome Your Self Defeating Thoughts Steps in Building Your Self Confidence Importance of Self Esteem Types of Self Esteem Dimensions of Self Esteem Problems Related to Self Esteem Identity and Self Esteem Tips to Improve Self Esteem Much much more Download your copy today *Unlock Your Confidence* The Mental Wellness Book Club,2019-06-29 The Mental Wellness Book Club consists of anonymous writers from around the world who come together and create self help books focusing on

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