

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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Building Selfesteem

Yan Bai



Building Selfesteem:

Whispering the Techniques of Language: An Psychological Quest through **Building Selfesteem**

In a digitally-driven world where screens reign supreme and instant interaction drowns out the subtleties of language, the profound strategies and psychological subtleties hidden within words frequently get unheard. Yet, nestled within the pages of **Building Selfesteem** a interesting literary prize blinking with organic thoughts, lies an extraordinary journey waiting to be undertaken. Published by an experienced wordsmith, that enchanting opus attracts readers on an introspective journey, softly unraveling the veiled truths and profound affect resonating within the very material of each word. Within the mental depths of the emotional review, we shall embark upon a honest exploration of the book is core subjects, dissect its charming publishing style, and succumb to the strong resonance it evokes strong within the recesses of readers hearts.

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