

SELF-ESTEEM

can be improved. You're worth it!

IMPORTANCE OF HIGH SELF-ESTEEM

- You can be the person you want to be and maintain self-confidence.
- Enjoy others more fully and offer more of yourself to the world.
- Accept challenges and enrich your life.
- Remain flexible in times of change.



CREATING HIGH SELF-ESTEEM

- **Acceptance** - Identify and accept your strengths and weaknesses.
- **Encouragement** - Take a "can-do" attitude.
- **Make Changes to Feel Better** - Picture yourself at your best.
- **Focus on Your Good Qualities** - Use positive statements, write them down, and read them repetitively.
- **Time** - Take time out regularly to be alone with your thoughts and feelings. Enjoy your own company.
- **Trust** - Pay attention to your thoughts and feelings. Do what you think is right.
- **Respect** - Don't try to be someone else. Be proud of who you are.
- **Love** - Learn to love the unique person you are.
- **People Can Help** - Be around people who help you feel good about yourself.
- **Set Yourself Up for Success** - Do things that help you feel good about yourself. Don't expect perfection.
- **Be Your Own Best Friend** - Take pride in your achievements, both great and small and praise yourself.

Believe in yourself.



Love yourself
for who
You are!