

TIPS FOR BUILDING SELF-ESTEEM

1. Identify with people, books, videos, television shows, etc., that build your self-esteem.
2. Build others—give sincere compliments often.
3. Think positively.
4. Set and achieve goals.
5. Do something challenging each day.
6. Look your best.
7. Eat correctly.
8. Do something for someone else.
9. Learn a new skill.
10. Act as if you possess traits you would like to have.
11. Observe self-confident people.
12. Handle things one at a time.
13. Use criticism constructively.
14. Ask for help—take advantage of learning opportunities.
15. Improve your personal living space.
16. Allow personal growth time each day.
17. Post self-improvement reminders in obvious places.
18. Do not say negative things about yourself.
19. Reward yourself often.
20. List your accomplishments each evening.
21. Volunteer to share your skills with others.