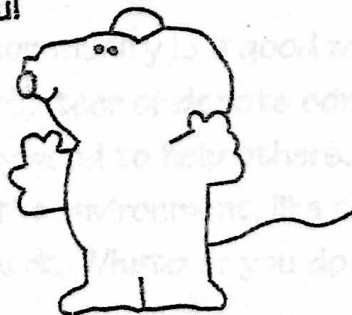


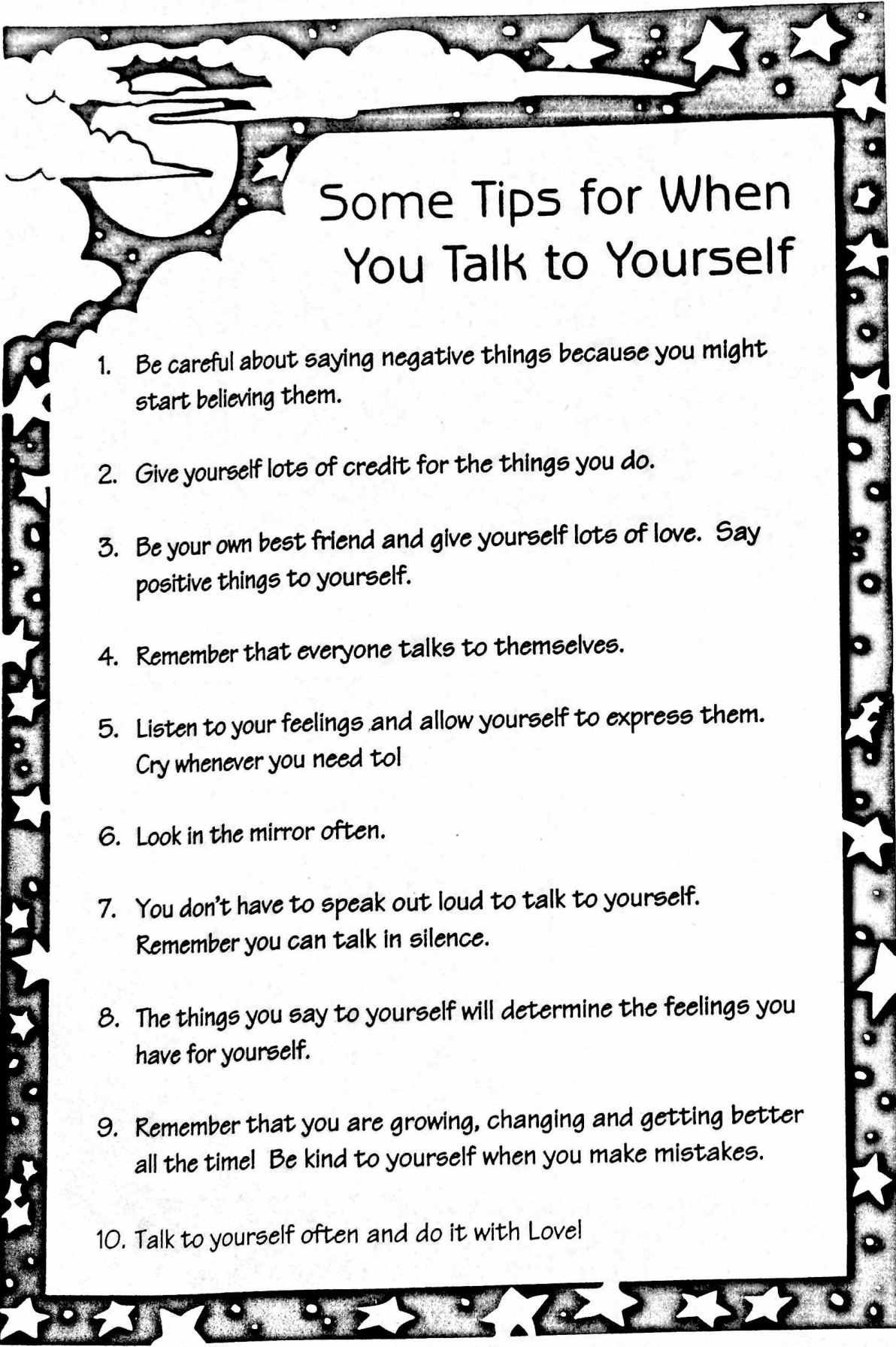
10 Ways to Improve Your Self-Esteem

1. Try to improve the way you talk to yourself. Your mind is like a computer; what you program into it, stays there. Say positive things to yourself rather than negative. Spend more time thinking about your strengths and less time on your weaknesses.
2. Give yourself credit for even the little things you do well. Celebrate your achievements!
3. Face your fears one at a time, slowly and gently. The more you do it, the better you'll feel about yourself!
4. Another way to boost your self-esteem is to join a club or activity. Get involved in a team sport or service organization. Be a part of a group! Or start your own club! It's fun and a great way to make new friends while doing something enjoyable.
5. Helping someone in your community is a good way to raise your self-esteem. Be a volunteer or donate some of your time to someone. It feels really good to help others. Maybe you'd rather do something for the environment, like clean up the litter on a beach or in a park. Whatever you do will be appreciated!



6. Have a hobby! Is there a craft you'd like to learn? Spend your free time doing something creative with your hands. There are all kinds of "how-to" books at the library and at craft supply stores.
7. Ask the people you live with to help you raise your self-esteem. Treat each other with respect and be honest about all your feelings.
8. Set realistic goals for yourself. Then take the steps to make them come true! Don't give up! Success takes a lot of work!
9. Forgive yourself for your mistakes. Learn what you can from them and then let them go! Accept yourself the way you are, and then take the steps to improve those areas you want to change.
10. Make a decision today to take responsibility for your self-esteem. Remember that other people can influence the way you feel about yourself, but the value you give yourself is up to you!





Some Tips for When You Talk to Yourself

1. Be careful about saying negative things because you might start believing them.
2. Give yourself lots of credit for the things you do.
3. Be your own best friend and give yourself lots of love. Say positive things to yourself.
4. Remember that everyone talks to themselves.
5. Listen to your feelings and allow yourself to express them. Cry whenever you need to!
6. Look in the mirror often.
7. You don't have to speak out loud to talk to yourself. Remember you can talk in silence.
8. The things you say to yourself will determine the feelings you have for yourself.
9. Remember that you are growing, changing and getting better all the time! Be kind to yourself when you make mistakes.
10. Talk to yourself often and do it with Love!