

# ways to build your self-esteem

## YOUR THOUGHTS

- Speak to yourself the way you would speak to a loved one
  - “You are important”
  - “You are loved”
  - “You have worth”
- Be grateful for what you have
- Don't focus on yourself all the time - learn to think more often of others
- Stop the negative self-talk
- Stop comparing yourself to others
- Stop being overly critical of yourself
- Forgive yourself

## YOUR BODY

- Get active & exercise
  - Spend more time outside
  - Find a fun recreational sport like tennis, Frisbee, volleyball, kayaking, etc.
  - Take the stairs instead of the elevator, park far away from the store for a longer walk
- Eat healthy, nutritious meals
  - But also indulge in the occasional treat
- Pay attention to your personal hygiene & keep yourself clean
  - Develop a healthy skincare routine
  - Invest in some facemasks
  - Take care of your nails & splurge on the occasional mani/pedi
- Get plenty of sleep
- Wear clothes that make you feel good about yourself
- Smile more often
- Speak slowly & purposefully

## YOUR SPACE

- Keep your living space clean & clutter-free
- Display items that have meaning to you or items that you find attractive
- Make your meals a special time - set the table, light a candle, turn off distractions, arrange your food in a pretty way
- When you're home, light some candles or use a room fragrance spray
- Turn on some relaxing music & change up the genre: try jazz, classical, old love songs, etc.

## YOUR TIME

- Spend time with people you love, & avoid those who make you feel bad about yourself
- Take the time to do things you enjoy
- Take the time to learn a new skill
- Get creative with your hobbies
- Change a small habit
- Volunteer your time to others
  - Sign up to volunteer with a church or organization
  - Make a meal for a family
  - Write a few thank you letters
  - Buy a gift for someone

## YOUR WORK

- Use your gifts & talents on a daily basis
- Get something done that you've been putting off
- Set obtainable goals
- Make a list of your strengths & accomplishments
- Celebrate the small victories
- Empower yourself with knowledge - read a book, take a class, learn from someone