

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. 

POSITIVE affirmations

It's okay that I made a mistake. Mistakes help me learn and grow.

I'm not better than anyone and no one is better than me.

I matter and I believe in myself.

I am stronger than I think.

I'm in control with how I respond to things out of my control.

I haven't figured it out...yet!

It's okay to not be liked by everyone. I like myself.

This is tough, but so am I.

I get better everyday.

I can do anything I set my mind to.

Every day is a fresh start.

Today I will walk through my fears.

I can do it!

50 THINGS YOU CAN CONTROL

1. How you **respond** to challenges.
2. **Who** you ask for help.
3. **When** you ask for help.
4. Saying you need a **break**.
5. How you **act**.
6. How much **effort** you put forth.
7. Getting enough **sleep**.
8. Completing your **responsibilities**.
9. Using I-Statements.
10. Saying what **you need**.
11. How much **exercise** you do.
12. Setting your **boundaries**.
13. **Respecting** other people's boundaries.
14. When and if you **forgive** others.
15. How often you **smile**.
16. **Owning up** to your mistakes.
17. When you show **empathy**.
18. Whether or not you **accept yourself**.
19. What you **focus** on in this very moment.
20. Focusing on the **negatives or positives**.
21. What **goals** you create for yourself.
22. The kind of **attitude** you have.
23. **How you relate** to your feelings.
24. Whether you **help someone** out or not.
25. How you take care of & **treat your body**.
26. **Treating others** the way you want to be treated.
27. When you **listen** to others.
28. How **truthful** and honest you are.
29. When you talk about your **feelings**.
30. Expressing what you **hope for**.
31. How you **interpret** events.
32. When you **ignore** behavior that annoys you.
33. **Apologizing** when you make a mistake.
34. How you "talk" to yourself.
35. If and when you **try again**.
36. Treating others with **kindness**.
37. Treating yourself with kindness.
38. Saying **please** and **thank you**.
39. **Going outside** and enjoying the fresh air.
40. How **organized** or **clean** you are.
41. How you hold your body (like your **posture**).
42. **Reminding yourself** that you are **lovable**.
43. How you **show others you care** about them.
44. Whether you **"get back up"** after you "fall down."
45. When you practice **gratitude**.
46. Whether or not you **keep your word**.
47. What **coping strategies** you use.
48. Whether or not you **accept the situation**.
49. Using **mistakes** as opportunities for learning.
50. When you take **mindful breaths**.

daily affirmations

I believe
in myself.

I love my
uniqueness!

I am learning
each day.

I can choose to
be happy no
matter what!

I am always
doing my best!

I can do
hard things.

Everything will
work out.

My voice
matters.

Good things are
happening.

I am
unstoppable!

I don't
give up.

I am
enough.

Today is going
to be amazing!

I am loved!