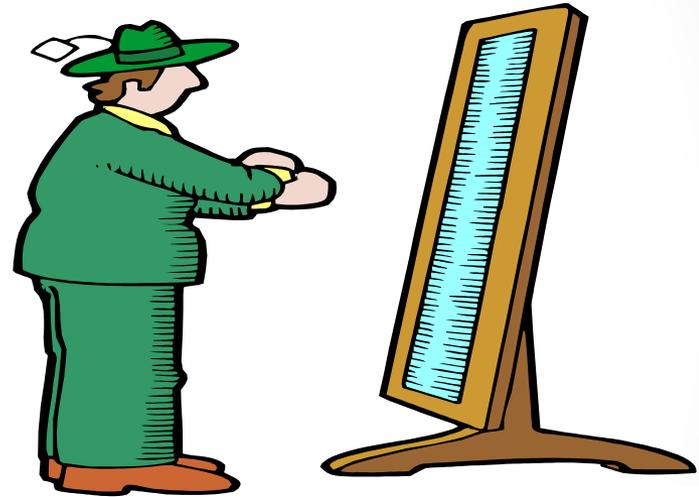


Love yourself
and the
rest will follow

A lesson in self-esteem . . .

Self-Esteem...What is it?

- Self-esteem refers to the way we see and think about ourselves.



*Be your
own kind
of beautiful*
♡

Self-Esteem...

What's it made of?

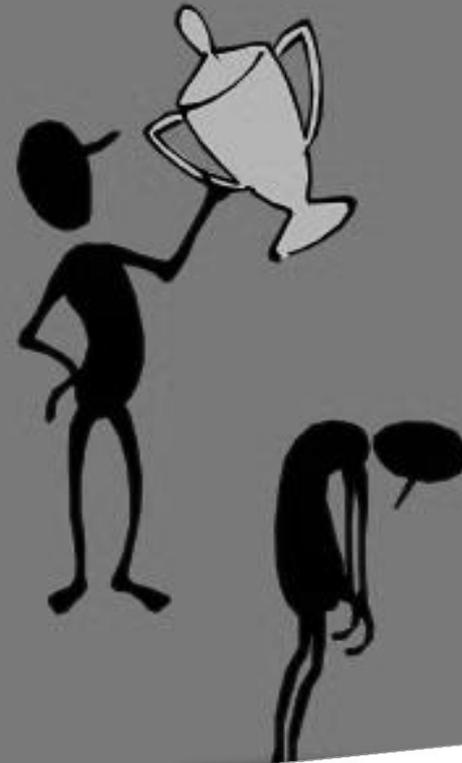
- Your self-esteem is made up of all the experiences and interpersonal relationships you've had in your life. Everyone you've ever met has added to or taken away from how you see yourself!

*selfie does not equal
self-esteem*

WHY IS SELF-ESTEEM IMPORTANT?

Self-esteem is important because it can affect:

- Your mental health
- How you behave
- Your decisions
- Your friendships
- Your success
- Your life



Don't ever
doubt your
worth.

How to build self-esteem

- Step 1

Forgive yourself for past mistakes.

- Step 2

Focus on your positive attributes.

- Step 3

Follow the example of successful people.

- Step 4

Become a self talker.

*love
yourself*

Name: _____

Date: _____

POSITIVE THOUGHTS & AFFIRMATIONS

1. There is no one better to be than myself.
2. I am enough.
3. I get better every single day.
4. I am an amazing person.
5. All of my problems have solutions.
6. Today I am a leader.
7. I forgive myself for my mistakes.
8. My challenges help me grow.
9. I am perfect just the way I am.
10. My mistakes help me learn and grow.
11. Today is going to be a great day.
12. I have courage and confidence.
13. I can control my own happiness.
14. I have people who love and respect me.
15. I stand up for what I believe in.
16. I believe in my goals and dreams.
17. It's okay not to know everything.
18. Today I choose to think positive.
19. I can get through anything.
20. I can do anything I put my mind to.
21. I give myself permission to make choices.
22. I can do better next time.
23. I have everything I need right now.
24. I am capable of so much.
25. Everything will be okay.
29. I am free to make my own choices.
30. I deserve to be loved.
31. I can make a difference.
32. Today I choose to be confident.
33. I am in charge of my life.
34. I have the power to make my dreams true.
35. I believe in myself and my abilities.
36. Good things are going to come to me.
37. I matter.
38. My confidence grows when I step outside of my comfort zone.
39. My positive thoughts create positive feelings.
40. Today I will walk through my fears.
41. I am open and ready to learn.
42. Every day is a fresh start.
43. If I fall, I will get back up again.
44. I am whole.
45. I only compare myself to myself.
46. I can do anything.
47. It is enough to do my best.
48. I can be anything I want to be.
49. I accept who I am.
50. Today is going to be an awesome day.

- Step 5

Exhibit a good attitude.

- Step 6

Get plenty of rest.

- Step 7

Make your work skills your own

- Step 8

Practice your talents



- Step 9

Become physically fit.

- Step 10

Learn new things.

- Step 11

Improve your personal relationships.

- Step 12

Dress well!

Love
yourself
more.
♥

AMY

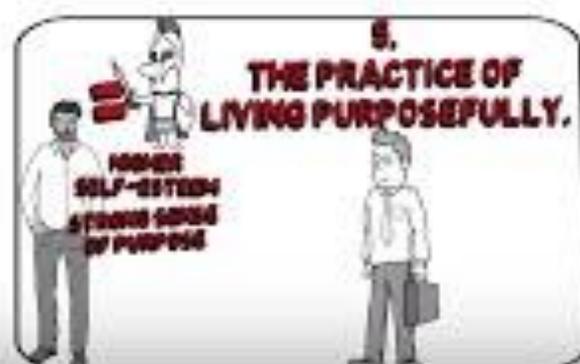
The Six Pillars of Healthy Self-Esteem

<https://www.youtube.com/watch?v=LDVzasWZ0xc>



THE SIX PILLARS OF SELF-ESTEEM

BY NATHANIEL BRANDEN



TIPS ON KEEPING CALM WHEN OTHERS PUT YOU DOWN

- Acknowledge your feelings. Put downs can trigger uncomfortable feelings, it's okay to have them.
- Accept that you were put down, it wasn't nice, but it does not define who you are.
- Rudeness is a reflection of the other person's issues and it's important to not take it personally.
- Stop overgeneralising. Being put down by one person does not mean that everyone hates you.
- Accept that you can't control other people..
- Differentiate between a put down and criticism. Being put down is rude, but criticism can be constructive.
- Forget about revenge or blame.
- Practice being assertive.
- Have healthy boundaries.
- Stop ruminating.

I Love ME Because...



Directions: In each heart, write something positive about yourself. Color and decorate your tree