

## WAYS OF INCREASING SELF ESTEEM

1. Stop critical self talk, negative thoughts increase negative feelings.
2. Give yourself supportive talk, thinking in positive terms increases healthy feelings.
3. Set realistic expectations and goals for yourself, visualize yourself achieving those goals. You may want to set small daily or weekly goals.
4. Concentrate on what is RIGHT about yourself; acknowledge your accomplishments as worthwhile, build on your strengths.
5. Cultivate friendships with people who treat you with respect, sometimes these people display qualities that you may want to develop within yourself.
6. Take time to be alone with your own thoughts and feelings.
7. Accept your emotions without judging them, separate feelings from behaviour.
8. Allow yourself to make choices.
9. Give and receive positive acknowledgements.
10. Ask for what you want.
11. Take responsibility for your own actions and reactions; do not take responsibility for others' actions or reactions.
12. Learn from the past to do the things that give you pleasure, play for the fun of playing, without pressure to complete, achieve or produce.
13. Allow yourself to be creative and curious.
14. Do one thing differently every day.
15. Keep a journal as a record of your accomplishments, achievements or as a place to openly and honestly express feelings or to test out new ideas.
16. Take calculated, thoughtful risks; sometimes take actions that you know you would take if you had higher self esteem.
17. Begin to do the things that you feel you need to do or wish to do, the importance here is to begin the process of change.