



10 Ways to Improve Self-Esteem

1. Take Care of Yourself (diet, exercise, sleep).
2. Surround yourself with people who make you feel GREAT!
3. Compliment yourself everyday.
4. Remind yourself that everybody make mistakes.
5. Take time to help others.
6. Reward yourself for your successes.
7. Take time to do things well.
8. Do at least one thing you truly enjoy everyday.



9. Make time to talk with family and friends.

10. Learn something new!

