





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 & your 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. 