

WORKSHEETS FOR SELF ESTEEM:VERSION 2



Following are some of the things that you can do to improve your self esteem:

- Don't raise your expectations too much.
- Nobody is perfect.
- Practice Positive self-talk.
- Give yourself positive emotional boosters that are filled with self-confidence and positive self-affirmations will help you in gaining your self-confidence.
- Celebrate. Try to remember your achievements and proud moments.
- Surround yourself with supportive people.
- Learn to walk away and move on in life, don't be too harsh on yourself.
- We all make mistakes. Remind yourself of that.
- Don't hold grudges and blame others for doing wrong.
- Give compliments to yourself.