

# 10 Simple Ways to Improve Your Self-Esteem

*(valuing and respecting yourself)*

- 1. Smile at yourself.** Go to a mirror. Look yourself in the eyes and smile. A big, warm, genuine smile.
- 2. Say something kind to yourself.**
  - ❖ “I like my sassy side.”
  - ❖ “I appreciate my sense of style.”
  - ❖ “My taste in music is the best.”
  - ❖ “I love how creative I am.”
- 3. Celebrate a win.** Maybe doing something you had been avoiding or trying something new or the way you approached someone about a concern. You have wins every day!
- 4. Express gratitude for one thing your body allows you to experience.**
  - ❖ A favorite taste.
  - ❖ A walk in your favorite park.
  - ❖ The smell of your favorite lotion.
- 5. Take a nap.** Block out an hour on a day that works for your schedule and enjoy!
- 6. Do one thing that recharges you.**
  - ❖ Read a book.
  - ❖ Play a game.
  - ❖ Have lunch with a friend.
- 7. Take in one thing that nourishes you.**
  - ❖ Water
  - ❖ Fresh fruit or vegetable
  - ❖ Even a piece of your favorite chocolate
- 8. Say “no”** to one thing you don’t want to do...without apologizing or making an excuse.
- 9. Remove one thing that leaves you feeling worse.**
  - ❖ Someone you are following on social media
  - ❖ Music
  - ❖ A television show/news
- 10. Laugh**
  - ❖ Watch a clip of your favorite comedian
  - ❖ A movie you know will leave you in stitches
  - ❖ Connect with a friend who brings out the funny