

### **TEN SPECIFICS STRATEGIES TO BUILD SELF-ESTEEM**

1. Know what you do well and give yourself credit for it. Write it down.
2. Please yourself. This isn't selfish. Do at least one thing every day JUST FOR YOU,. You are worth it.
3. Look for small victories. Give yourself credit for them. Write them down, no matter how small or large.
4. Reward yourself for the small victories as well as the large ones. Part of the reward may be the self-satisfaction or gratification of taking the action. Make sure the reward celebrates with self-respect.
5. Learn from your mistakes. Everybody makes mistakes (nobody's perfect!). Ask questions about what you might have done differently. Mistakes are stepping-stones in living and growing.
6. Sound confident. If you have something to say, practice out loud. Get used to the sound of your own voice speaking calmly and with confidence.
7. Look Confident. Body language sometimes speaks louder than the words we use. hold yourself straight and tall. Make eye contact. Under the category of pleasing yourself, make sure hair, clothes are clean. Maybe a long-term act is eating a better diet. Think about what will help you look more confident. It's very empowering.
8. Initiate conversation. Most people are scared to do this and wait for others; then are so glad when others do. People who initiate conversations are seen by others as having a high self-esteem. Remember to listen – take cues from other's statements.
9. Prepare future discussions. Think of ways to initiate conversation and practice them. write down key points you want to remember for specific discussions.
10. Imitate self-confident people. Think of a person you know who appears self-confident and write down the things they do that you admire.