



6 WAYS TO IMPROVE YOUR SELF ESTEEM

**A Guide to Self-Confidence and
Improving Self-Esteem**



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01

Practice self-care activities such as exercise, healthy eating, and getting enough sleep.

- Incorporate a variety of fruits and vegetables into your diet to ensure you are getting a range of vitamins and minerals.
- Choose whole grains over refined grains to increase fiber intake and promote better digestion.
- Limit processed foods high in added sugars and unhealthy fats, and opt for lean protein sources such as poultry, fish, and legumes.



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02

Surround yourself with positive and supportive people who uplift you.

Surrounding yourself with positive people can have a significant impact on your well-being and outlook on life. Positive people can provide support, encouragement, and motivation, and can help you to maintain a positive mindset. It's important to try to build relationships with people who uplift and inspire you, and to limit time with those who bring negativity into your life.



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03

Focus on your strengths and accomplishments, rather than your flaws and mistakes

WHAT ARE YOUR STRENGTHS?



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04

Set realistic goals for yourself and celebrate your progress towards them.

TO SET GOALS, FOLLOW THESE STEPS:

- Identify what you want to achieve
- Make sure your goals are specific, measurable, achievable, relevant, and time-bound (SMART)
- Write down your goals
- Create a plan of action with specific steps to achieve your goals
- Track your progress regularly and adjust your plan as needed
- Celebrate your accomplishments along the way to stay motivated.



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Practice self-compassion and treat yourself with kindness and understanding.

**TALKING TO YOURSELF WITH KINDNESS CAN IMPROVE YOUR SELF-ESTEEM
AND OVERALL WELL-BEING. HERE ARE SOME TIPS:**

- Use positive self-talk, such as "I am doing my best" or "I am worthy of love and respect."
- Treat yourself as you would treat a friend, with compassion and understanding.
- Reframe negative thoughts into positive ones, for example, "I made a mistake, but I learned from it and will do better next time."
- Practice self-care, such as taking breaks when needed or engaging in activities that bring you joy.

Remember, kindness starts from within, so be gentle with yourself and speak to yourself with love and respect.



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06

Seek professional help if your self-esteem is significantly impacting your daily life.

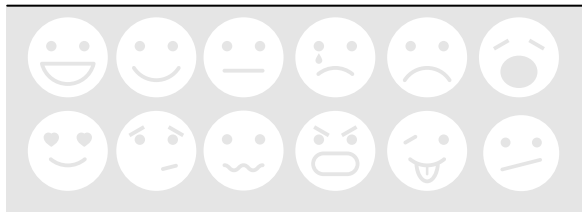
Therapy can help individuals improve their mental health by providing a safe and supportive space to address emotional and psychological issues, develop coping strategies, and achieve personal growth.

MENTAL HEALTH CHECK IN

DATE _____

HOW ARE YOU FEELING TODAY?

HOW ARE YOU FEELING TODAY?



HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?

WHAT HAVE BEEN YOUR THREE DOMINANT EMOTIONS THIS WEEK?

WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?

THINGS THAT TRIGGERS NEGATIVE EMOTIONS

MY RANKING OF MY MENTAL HEALTH THIS WEEK

