

SELF-ESTEEM

is the confidence that you have in your abilities & worth.

HABITS OF PEOPLE WITH HIGH SELF-ESTEEM

TOTAL ACCEPTANCE

Decide that you are going to completely accept yourself the way you are right now. Decide that you are good enough and you understand that nobody is perfect.

LIVE IN THE MOMENT

People with high self esteem are good at enjoying "the now." Take time to focus on what is happening in front of you right now without judging the moment. Have fun without overthinking what is happening.

TAKE RESPONSIBILITY

Take charge and do the things you are supposed to do. Don't play the victim. Admit it when you make mistakes and don't judge yourself for them. Learn and move on.

TAKE A STAND

Decide what you believe in and be firm about it. Don't let others change your mind about your beliefs. You have to stand for something or you will fall for anything.

HAVE A PURPOSE

What gives your life meaning? What is important in your life? Once you figure that out, remind yourself of it often.

IGNORE COMPARISONS

Never compare yourself to others. Everyone has different talents and abilities.

DO THINGS FOR YOURSELF NOT OTHERS

Stop worrying about what others think. Trying to please others is not healthy. Start doing things because you want to do them instead of thinking about how it looks to others.

GIVE THANKS

What is something you are thankful for today?

KINDNESS

People who are kind to others have the added benefit of higher self esteem. Helping others really does help you. Give more compliments and volunteer to help others.

POSITIVE THINKERS

Stop negative thoughts and flip them into positive thoughts? Don't believe every thought you have. Some are simply not true. Focus on the positive side of life.

DON'T BE TOO SERIOUS

Are you able to laugh things off? Instead of being so serious, try laughing when you don't feel like it. Seek out things that are funny. List some things that make you laugh.

BRAVE

Are you willing to try new things? Make a plan to start trying new things. List something you have wanted to try but were too afraid.