10 Tips to Build & Boost Self-Esteem

1. **Be nice/good/kind to yourself … P.M.A. (Positive Mental Attitude)**
* Acknowledge the power of that little voice that tells you that you are doing great at something or not so great and remember, you are in control of your thinking. Challenge any negative thoughts. Practice positive self-talk. Don't let yourself be limited by erroneous beliefs.
1. **Celebrate the small stuff/wins/accomplishments**
* You woke up this morning, so you have another opportunity to get things right, to do things better, to be a better person today than you were yesterday, to make someone smile.
1. **Surround yourself with supportive people**
* Find people who make you feel good about yourself and avoid those who tend to trigger your negative thinking.
1. **Remember that everyone makes mistakes/** **welcome failure as part of growth**
* We learn & grow, so try not to beat yourself up … learn the lesson and move forward.
1. **You do you**
* No one can be you, except you. Therefore, be the best you that you can be. You were uniquely designed with a unique purpose to offer the world. **NEVER** compare yourself to someone else focus solely on you and the self-goals you have set for you.
1. **Mind your tongue**
* Words have power! so, we must choose them wisely when speaking to ourselves and when speaking to others.
1. **Do a random act of kindness**
* Use your talents, skills and abilities to help others. Get creative. Bringing joy to someone else, brings joy to you. Note: It is not about money necessarily it’s about thoughtfulness.
1. **Stop worrying about what others think.**
* When you worry about what others will think of you, you never feel free to be completely yourself. Make a firm decision to stop worrying about what other people think--begin making choices based on what you want/what you know to be right, not what you think others want from you.
1. **Face your fears**
* Allow yourself to feel afraid but keep going anyway. Self-esteem is often found in the dance between your deepest desires and your greatest fears.
1. **Define success**
* Clarify what success means to you and what it means in terms of your confidence. If you really want to do something you will have to find the self-esteem within yourself to just do it.