

# Self-Esteem

## DEVELOP YOUR SELF-ESTEEM

Self-esteem is shaped by many factors including how you think about yourself. Changing the way you think about yourself will change how you feel, and improve your self-esteem. The key is to become aware of your thinking patterns. Once you recognise your thinking patterns, you can work to improve your self-esteem.

### Activities to Develop Self-Esteem

1

Make a list of ten things you can do (e.g. play table tennis, speak Korean, sing karaoke).

2

Describe three achievements you are proud of (e.g. "I worked very hard to earn my promotion" or "I completed a 5k run.")

3

Write down two past mistakes you've made and what you learned from them or how you changed because of them (e.g. "I used to be impulsive and say mean things to people when I was angry. Even though they may forgive me afterwards, I have still hurt their feelings.")

4

Describe your weaknesses or faults. Brainstorm ways to improve them. For the ones that cannot be changed (e.g. "I am too short"), accept and embrace them instead.

# Self-Esteem Tips

1

## SET REALISTIC AND ACHIEVABLE GOALS

Learn your strengths and capabilities. Set goals which are not too easy (otherwise you'll get bored) but not overly challenging (otherwise you'll get frustrated and disappointed).

2

## STOP COMPARING

yourself to people who are smarter, better looking, or richer than you. There are seven billion people on this planet: there will always be someone smarter, more beautiful, or richer than you. Set a realistic standard for yourself and use that benchmark to achieve your goals.

3

## FORGIVE YOURSELF

Everybody makes mistakes. Doing so doesn't make you a bad person.

4

## ENCOURAGE YOURSELF

for making positive changes. Even if things don't go exactly the way you want them to, give yourself credit for the effort, and try again.

5

## TALK TO YOURSELF POSITIVELY

When you notice that you doubt, judge, or say unkind things to yourself, stop. Take a few deep breaths, and focus on something more positive.

6

## ACCEPT COMPLIMENTS

from others with genuine thanks and appreciation.

7

## EXPRESS GRATITUDE

The more you focus on the good things in your life, the better you'll feel about what your life has to offer.

8

## TRY SOMETHING NEW

Take a cooking class, learn a new language, or try rock climbing. Don't forget to congratulate yourself for your efforts!