

# 10 ways to improve your self-esteem

## **1. Master a new skill.**

When you become skilled in something that corresponds with your talents and interests, you increase your sense of competency.

## **2. List your accomplishments.**

Think about all the things you've accomplished, then write them down. Make a list of everything you've done that you feel proud of, everything you've done well. Review your list when you need a reminder of your ability to get things done and to do them well.

## **3. Do something creative.**

Creative tasks are a great way to put the flow back into your life. Creativity stimulates the brain, so the more you use it, the greater the benefits. Pull out your old guitar, write a story or poem, take a dance class or sign up for a community theater production. When you add the challenge of trying something new, it helps you even more.

## **4. Help someone.**

Use your talents, skills and abilities to help others. Give someone direct assistance, share helpful resources or teach someone something they want to learn. Offer something you do well as a gift to someone.

## **5. 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, not what you think others want from you.

## **6. Read something inspirational.**

A great way to gain more self-esteem is to read something that lifts you up and makes you feel positive about yourself.

## **7. Let negative people go.**

If there are people in your life who are negative--who have nothing positive to say or who put you down or take advantage of you--do the smart thing and let them go. The only way to find your self-esteem is to surround yourself with supportive positive people who admire you and value you.

Be there for someone who needs your guidance, your leadership and your support. Their respect and gratitude--and watching them progress with your help--will add to your self-esteem and self-respect.

## **8. Care for yourself.**

*"Self-care is never a selfish act -- it is simply good stewardship of the only gift I have, the gift I was put on earth to offer to others." -- Parker Palmer*

Self-confidence depends on a combination of good physical health, emotional health and social health. It is hard to feel good about yourself if you hate your physique or constantly have low energy.

## **9. You do you**

Comparing yourself to other people is a sure-fire way to start feeling crummy. Try to focus on your own goals and achievements, rather than measuring them against someone else's. Nobody needs that kind of pressure!

## **10. Do what makes you happy**

If you spend time doing the things you enjoy, you're more likely to think positively. Try to schedule in a little you-time every day. Whether that's time spent reading, cooking or just conking out on the couch for a bit, if it makes you happy, make time for it.

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