

## **Improving Self-Esteem**

Self-esteem is made up of thoughts and feelings you have about yourself. Good self-esteem can help you recognize your uniqueness and value, and develop control of yourself and your choices. Self-esteem develops over time and changes with experiences. It is based on your relationships and experiences in life. Positive self-esteem can help a person accept challenges and develop new abilities, maintain self-confidence and improve performance, accept new ideas and ways of doing things, and enrich life through new friends and experiences.

Tips to improve self-esteem include:

- accept your strengths and weaknesses
- set realistic goals
- take pride in your achievements
- spend time with those people who care about you
- trust your thoughts and feelings
- be willing to take chances
- get involved with your community and helping others.

Always try to think positively about yourself. Take pride in your individuality. Encourage yourself, praise yourself, and love yourself - because you're worth it!