

10 Ways to Build SELF-ESTEEM

1. Identify your **needs, wants & hopes**. And make **CHOICES** that move you closer to them...not farther away.
2. Stand up **TALL**. Literally. Good posture improves **confidence**.
3. Focus on your **EFFORT** and view challenges & mistakes as opportunities to learn and grow. 🌳
4. Talk to yourself like you would to a good friend, with kindness, compassion & a good sense of humor. 🌈
5. **CREATE. BUILD. Make art.** Follow your curiosities....Do more of what helps you to feel more like amazing, lovable, grounded **YOU**.
6. **Unplug**. Go outside. Breathe. And **listen** to the birds, breeze & wise voice within.
7. Decide what is okay and not okay with you. Then hold your **BOUNDARIES** and stay true to your values. ➡
8. **Connect** with others. And spend time with people who treat you the way you want to be treated.
9. Exercise daily, eat healthy food, drink plenty of water & get at least 9 hours of sleep each night.
10. Laugh. **Play**. Have fun. **Dance**. Get silly. 🤪

FREE PRINTABLE



WholeHearted School Counseling

Celebrate You Building Your Self Esteem Coping With Modern Issues

Julie Tallard Johnson



Celebrate You Building Your Self Esteem Coping With Modern Issues:

Unveiling the Power of Verbal Beauty: An Mental Sojourn through **Celebrate You Building Your Self Esteem Coping With Modern Issues**

In some sort of inundated with displays and the cacophony of instantaneous connection, the profound energy and emotional resonance of verbal beauty often fade into obscurity, eclipsed by the constant onslaught of noise and distractions. However, situated within the musical pages of **Celebrate You Building Your Self Esteem Coping With Modern Issues**, a fascinating work of literary elegance that pulses with natural emotions, lies an remarkable journey waiting to be embarked upon. Published by way of a virtuoso wordsmith, this enchanting opus instructions readers on a psychological odyssey, lightly exposing the latent possible and profound affect embedded within the intricate internet of language. Within the heart-wrenching expanse of the evocative analysis, we can embark upon an introspective exploration of the book is key themes, dissect their charming publishing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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