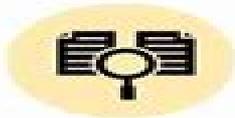


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AND LOVE YOURSELF



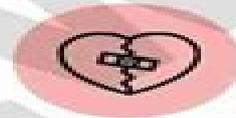
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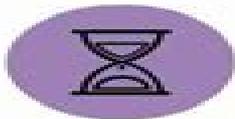
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practice inner child work



forgive yourself



be patient with yourself



identify your strengths



practice positive self-talk



accept your flaws



practice gratitude



surround yourself with positivity



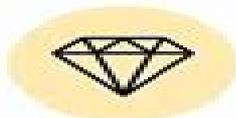
challenge negative self-talk



accomplish a task



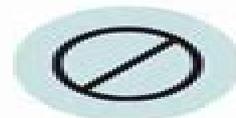
start exercising



assign your own self-worth



don't expect others to make you happy



practice saying no

# Boosting Selfesteem

**DP Hallahan**



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