

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. 🎵

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Building Selfesteem

Minjie Lin



Building Selfesteem:

Adopting the Tune of Phrase: An Mental Symphony within **Building Selfesteem**

In some sort of eaten by screens and the ceaseless chatter of immediate communication, the melodic beauty and psychological symphony created by the written term usually disappear into the background, eclipsed by the persistent sound and distractions that permeate our lives. But, situated within the pages of **Building Selfesteem** an enchanting literary value full of raw emotions, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, this captivating masterpiece conducts viewers on a mental trip, well unraveling the hidden songs and profound influence resonating within each carefully crafted phrase. Within the depths with this emotional assessment, we will explore the book is central harmonies, analyze their enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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