

# HOW TO BOOST YOUR SELF-ESTEEM

1. BE KIND TO YOURSELF
2. CELEBRATE THE SMALL WINS
3. ACCEPT COMPLIMENTS
4. BELIEVE YOU CAN
5. FORGIVE YOURSELF
6. SAY NO TO NEGATIVE THOUGHTS
7. PRACTICE MINDFULNESS
8. THINK OF YOUR POSITIVE QUALITIES
9. STOP COMPARING YOURSELF TO OTHERS
10. START THE DAY WITH POSITIVE AFFIRMATIONS

YOU GOT THIS!

NEVER  
Give up

have  
a  
nice  
day



# Build Your Self Esteem

**Puja Mehta**



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