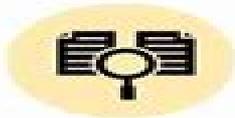


# WAYS TO BOOST YOUR SELF-ESTEEM

AND LOVE YOURSELF



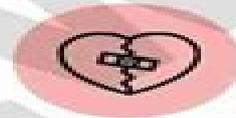
don't compare yourself to others



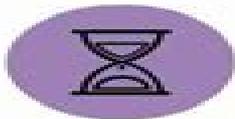
set boundaries



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



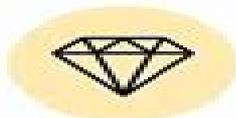
challenge negative self-talk



accomplish a task



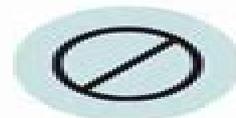
start exercising



assign your own self-worth



don't expect others to make you happy



practice saying no

# Developing Selfesteem

**Chao Zhang**



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