

10 Tips for Boosting Your Self Esteem

1. Be kind to yourself

The things you say to yourself are way more powerful than you might think. Make an effort to be kind to yourself and, if you do slip up, try to challenge any negative thoughts. A good rule of thumb is to speak to yourself in the same way that you'd speak to your friends. This can be really hard at first, but practice makes perfect.

Try: Writing down three things that you like about yourself.

2. Accept who you are

Try to focus on your own goals and achievements, rather than measuring them against someone else's. Nobody needs that kind of pressure!

Try: Writing down three things that you want to improve about yourself.

3. Get moving and stay active

Exercise is a great way to increase motivation, practice setting goals and build confidence. Breaking a sweat also cues the body to release endorphins, the feel-good hormones.

Try: Writing down at least one way to become active and include this in your daily routines.

4. Welcome mistakes as part of growth.

Always strive to be the best version of yourself, but it's also important to accept that perfection is an unrealistic goal.

Try: Writing down three things you learned from a mistake you have recently made.

5. Remember to forgive yourself often

You've got to make mistakes in order to learn and grow, so try not to "beat" yourself up when you make a mistake. Everyone's been there.

Try: Every time you catch yourself focusing on your mistakes, stop, and redirect your attention on something more positive.

6. Surround yourself with supportive people

Find people who encourage you and that make you feel good about yourself.

Try: To make a conscious effort to increase time (in person or virtually) with people who have a positive outlook.

7. Focus on what you can change

It's easy to get hung up on all the things that are out of your control, but it won't achieve much. Instead, try to focus your energy on identifying the things that are within your control and seeing what you can do about them.

Try: Writing down one thing that you're not happy with, and three ways you could change it.

8. Do what makes you happy

If you spend time doing the things you enjoy, you're more likely to think positively. Try to schedule in a little you-time every day. Whether that's time spent reading, listening to your favorite music or watching television on the couch for a bit, if it makes you happy, make time for it.

Try: Writing down three activities that make you feel happy and doing at least one each day.

9. Celebrate the small stuff

Celebrating the small victories is a great way to build self-confidence and start feeling better about yourself.

Try: Writing down three things you did well at the end of each day.

10. Be a friend to someone

Being helpful and considerate to other people will certainly boost their mood, but it'll also make you feel pretty good about yourself.

Try: Writing down three things you can do to be helpful and considerate towards others in your life and practice at least one each day.

