

# 5 TIPS FOR BUILDING SELF ESTEEM

- 1.** We are often "defined" by the way others describe us. It is powerful to define ourselves. Write down 6 words, using pleasant and unpleasant adjectives, that describe you. Post those words somewhere in your house, dorm, or room where others can see them. Acceptance of oneself & self awareness change the way we treat ourselves!
- 2.** Use compliments as a tool for improved self-esteem. When you recognize the good in others, you are connected to the good in yourself! Take a minute to text or write meaningful compliments to family members, friends, colleagues, students, or employees. Compliments can be used to create deeper relationships, diffuse conflicts, and change the way people think about themselves.
- 3.** Create goals for yourself that protect your health and safety. The challenge is now to enforce those goals or limits, regardless of how they are perceived by others. Talk about your goals with others. Forgive yourself if you fall on the path and allow yourself to carry on.
- 4.** Be an active learner! Learning a new skill (how to sew, cooking a new recipe, using a new software program at work) will reduce boredom. Active learning provides the answer when someone asks, "What are you good at?"
- 5.** Write down all of the things and people you are responsible for. Make a list of how you spend your days; some of those things may seem like a burden and that is ok. Now take a look at how capable you are!