

## Another 30 tips to help boost low self esteem

1. Be positive. It can be difficult (I'll be kidding you if I tell you it's not) but it all boils down to one person: YOU. Give yourself a pep talk every morning before you begin your day.
2. Accept compliments without justification.
3. Be nice to yourself - Treat yourself and give yourself a break. Buy a new pair of shoes, have a bath, paint your nails, anything that makes you feel good about yourself.
4. Be proud of yourself. There is only one you and you have the right to be how you want to be. You have accomplished so much in life and these achievements deserve your recognition.
5. Choose your friends wisely- a handful of good, true friends are better than swarms of to put it frankly- crap ones!
6. Concentrate on the things you like about yourself- not the things you don't like. If you have nice eyes then make the most of them instead of worrying about what you can't change.
7. Do at least one good thing for yourself every day - you're worth it!
8. Don't dwell on failures, learn from them.
9. Dress up smart feel comfortable in what you wearing
10. Engage yourself in tasks that you love - Something that will boost your confidence and improve your skills.
11. Everyone deserves happiness and true happiness can only be found from within no one is perfect and everyone is beautiful in their own unique way. Life would be so boring if we were the same size, shape, height, weight and personality wouldn't it?
12. Focus on the positives, both of life and yourself. Try to find the good in a bad situation, and remember that we learn from our mistakes.
13. Have confidence in your abilities, even if it is just once day, think afterwards "I did a good job there"

14. If you know what will make you feel better, then stop at nothing until you achieve it, putting yourself first doesn't always mean selfish.
15. If you receive a compliment, smile, be thankful and remember it. If you receive a criticism, ignore it and don't let it get to you.
16. Indulge yourself every now and again; RELAX - Because you deserve it.
17. Learn to Love Your Self. As you are.
18. Make a book full of compliments you receive
19. Never compare how you look to celebrities, remember the photos of them are often airbrushed and modified to make them look better. They also have professional makeup artists.
20. Remember you don't have to be perfect - you have strengths and weaknesses just like everyone else, and people love you regardless of these.
21. Remember you have the right to be yourself, and to feel good about it. Don't let anyone tell you otherwise or convince you that you need to change. Live life to your own expectations, not those of others.
22. Reward yourself when you achieve things.
23. Set yourself a couple of targets each day - these can vary between big goals and small aims (and definitely include some small ones every day to get an easy boost). It feels really good as you meet each one!
24. Socialise with people that you enjoy spending time with.
25. Spend time with people who make you smile
26. Stop comparing yourself to others.
27. STOP putting yourself down
28. Surround yourself with caring and fun friends - they can really help boost you!
29. Try and get involved with some new things, it'll keep you busy, open you up to new experiences, an opportunity to meet new people etc. all of these can make you feel slightly better, and who knows you might find your long lost talent in archery (for example).
30. Try something creative to let your emotions out. Write a diary of what you're feeling, or write a song about your experiences. If art is your passion, paint. If you like to cook, create a delicious meal. The possibilities are endless, as is your potential.