



10 thoughts for Improving your Self Esteem

1 Be Kind to yourself

Things you say to yourself are very powerful in inflating and deflating your self-esteem. Challenge the negative thoughts you might have. If you wouldn't say those things to a friend then don't say them to yourself. To practice this write down 3 things you can do to take care of yourself.

3 Mistakes are okay

Always strive to be the best version of yourself but remember, no one is perfect. Understand that you will make mistakes along the way. The best thing to do is to learn from those mistakes and try to do better. To practice this write down 3 things that you have learned from a mistake you have made recently.

5 Find a good support system

Look for people who encourage you and help you to feel good about yourself. Stay away from people that belittle you or who make you feel bad about yourself. To practice this, make time to spend with others that support and uplift you.

7 Do what makes you happy

If you spend some time doing things that you enjoy you will have a more positive outlook. Try to schedule some "you" time every day. It doesn't have to be a lot. Maybe take 30 min to read a book you have been wanting to, watching a tv show, taking a walk or dancing to your favorite song. If it makes you happy then make some time for it. To practice this write down some things that make you feel happy and try to do at least 1 of them each day.

9 Get Active

Exercise is a great way to feel better physically and emotionally. Not only does it help to increase your motivation it can also release endorphins that make you feel better mentally. And, if you get active in the sunshine this can help give your body Vitamin D that is another mood booster. So it is a win win for you. Practice this by writing down some ways you can get active and include this in your daily routine.

2 Accept yourself

Focus on your own goals and achievements. Try not to compare yourself to others. Often times what you see on social media etc. is not a true representation of what is actually going on. No one is exactly like you. To practice this write down 3 things you like about yourself.

4 Forgive Yourself

You will make mistakes but those mistakes help you to grow. Be kind to yourself. Try not to beat yourself up for those mistakes. Practice this by trying to catch your negative self-talk and replace it with something positive.

6 Focus on what you can change

Ask yourself, is this something within my control? If it is not in your control then let it go and focus on the things that are. You will be able to see positive change in the things that are in your control. A way to practice this is to write down something that you are unhappy with and 3 things you can do to change it.

8 Celebrate small steps

Celebrating the smallest achievements is a great way to build your self-confidence and help you to continue to feel good about yourself. You can practice this by writing down 3 things that you did well. Remember it can be a small achievement like getting the kids to school on time, making time for yourself or even doing a load of laundry. The more you notice the small steps the more you will be encouraged to move forward.

10 Do something for others

Being helpful to someone else not only makes that person feel good but it can also help you to feel good as well. You can practice this by writing down 3 things that you can do to help others and try to incorporate it into your daily or weekly routine.

I hope you find this information helpful. If you have any questions or would like to discuss this further please contact Cyndie Gilliam LMFT TANF Therapist @ 760-330-3913 or

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