

24 ideas to help improve your self-esteem

1. Write down 3 goals to achieve daily; commit for the week and tick off each day as you achieve it
2. At the end of each day before falling asleep write down something you feel proud about, either on the day or in the past
3. Tell someone else how much you appreciate them, being able to be open and honest is great for self-worth
4. Say no! Learn the skill of saying no without offending the person asking
5. Everything you do; do to the best of your ability even if it is mundane task, develop a reputation as someone who takes pride in their work
6. Walk tall and proud. Walk as if you've got somewhere to go and you need to be there now, walk tall and quickly
7. Take pride in your appearance; dress to feel good for any occasion, whether it be work, meeting a friend, or going for an interview.
8. Do something for yourself every day
9. Learn a new skill or take up something you've always wanted to and stick with it
10. Speak up for yourself in every area of your life, this might be hard to do at first but the first time you do it will be immense and if you carry on your self-esteem and feelings of self-worth will build
11. Sing at the top of your voice, not outside but in the house and really give it loads
12. Get rid of the people who are dragging you down, (I mean just stop having them in your life quite so much.)
13. Work on your strengths. A lot of people focus on building up their weaknesses, instead get better at what you are already good at, or that comes easily
14. Listen to other people and what they are saying
15. Reward your successes. Reward both effort and achievement
16. Never let anyone force you to break your core values. Be true to yourself
17. Take a week's break from the newspaper or watching the news and gauge how you feel about yourself and the world around you
18. Help other people who need it, giving to others can boost your self-esteem
19. Always be honest with yourself and others
20. Take a chance and take a calculated risk or two. You don't have long to live so just get up and do it
21. Listen to your self-talk, imagine there are two people one on each shoulder, start to pay attention to the one who is praising you
22. Don't be afraid to accept help from other people, it means they respect you enough to help you with something
23. Start changing your thinking to be more optimistic about yourself, instead of '...I can't do that....' say '...I've never tried it, and I'll give it a go...'
24. Face your fears. Your self-esteem will soar when you move from your comfort zone, face your fears, and eventually conquer them