

## Celebrate International Self Esteem Awareness Day



### **Tips to Boost your Self-Esteem.**

**Learn to believe in yourself and build your self confidence and a positive future.**

1. Stop comparing yourself with other people and stop putting your self down.
2. The quality of your life is the quality of your thinking. If you look for the positive this is what you get.
3. Light a candle beside you when you are reading in the evening. It is most relaxing and creates a wonderful, soothing atmosphere.
4. Make your home an oasis from the frenzied world outside. Fill it with great music, books and friends.
5. Use affirmations to boost your self-esteem.
6. Learn to be still. The average person doesn't spend 30 minutes a month in total silence.
7. Make a list of your positive qualities
8. Associate only with positive focused people who you can learn from. .
9. Set aside one hour every morning for personal development matters.
10. Face your fears - they aren't as bad as you think they are. Facing your fears increases your confidence.
11. Forget your failures - learn from them. Avoid making the same mistakes again.
12. Know what you want and ask for it. You deserve your dreams to come true.
13. Reward yourself when you succeed
14. Don't be defeated! Try something else. It took over 1000 to create the light bulb.
15. List things you like about yourself - include appearance, personality and skills
16. Change negative thoughts to positive thoughts by focusing on the positive ones. Your mind can only think of one thought at a time. Make it a positive one.
17. Take up an exercise program - you will feel better and look better!
18. Remember good things people have said about you and write them down.
19. Make any changes you think would help you for example appearance, hair style, friends, foods or behaviour in certain situations
20. Accept things about yourself that are true and given to you as compliments and learn to think about them in a positive way. Your natural gifts are your strengths and part of your personality. Your weaknesses, which we all have, are areas which you can choose to improve.
21. Take yourself less seriously and lighten up!
22. Accept feedback as a gift and thank the person, then think about it. If you get the same gift (feedback) a number of times, assess it in constructive way. However, you don't have to agree with them, so discuss with others or decide what changes or action you might take.
23. Don't be limited by your internal image, step outside of it and break free, it doesn't have to control you or keep you down. Acting differently will change how others see you and will also help to change your own attitude towards yourself and your abilities
24. Take up challenges positively and surprise yourself!
25. Start an exercise program Walk or play sports as much as you can.
26. Eat healthy food and stay away from diets that you always fail. Instead join a group or change your lifestyle where you can succeed.
27. Don't smoke at all, take drugs or drink too much. Gradually, eliminate them from your life.
28. Straighten up, smile and look straight ahead - you'll look and feel more confident

29. Identify and accept your strengths and weaknesses--everyone has them, and no one is perfect.
30. Take an "I can" attitude and offer yourself encouragement along the way. Learn to be your own best friend.
31. Set realistic goals and then take pride in your achievements. Start small and build your goals bigger, then you are leaning the process of goal setting and success, which improves your esteem, rather than a big goal, failure and lowering your esteem.
32. Pay attention to your thoughts and feelings, they are your inner guide and given to you to learn from, and act on what you think is right for you. Any negative feeling is an indication you need to 'do some learning' in that area of your life. Your goal is to be feeling good 24/7.
33. Don't try to be someone else, but be proud of who you are.
34. Explore your own talents and gifts which come naturally to you which are for you to embrace and enjoy for your happiness.
35. Ask friends to tell you what they like about you or think you do well.
36. Ask someone who cares about you to just listen to you "vent" for a little while without trying to "fix" things.
37. Ask for a hug.
38. Ask someone who loves you to remind you that they do.
39. Take classes or try out new activities to increase your sense of competence (for example, take a math class, join a dance club, take swimming lessons, etc.)
40. Be your own friend instead of your own enemy.

**Your child's self esteem can be increased by you:**

1. Appreciating your child
2. Telling your child that you love them
3. Spending time with your child
4. Encouraging your child to make choices
5. Fostering independence in your children
6. Giving genuine importance to your child's opinion and listening
7. Taking the time to explain reasons
8. Feeding your child with positive encouragement
9. Encouraging your child to try new and challenging activities.
10. Tell them you love them.

**Janice Davies APS - *the lady with nice in her name* – Attitude Specialist** is the founder of the International. Why...because she had to learn about esteem herself and now teachers others around New Zealand the skills to help their personal and professional life. She has created the website [www.internationalselfesteem.com](http://www.internationalselfesteem.com)

You can read free ebooks, articles, posters and tips. Other resources available to help your esteem are: Positive Cards for Children, for Teenagers and Adults, books, DVD's and workshops.

The 2008 free ebook has over 125 Esteem tips supplied by: Bill Wickham, Clive Littin, Kirsty Cooke, Laura Wilson, Pat Armistead, Rhonda Gola, Shona Hamilton Boys, Susanna Tuya and Maria Carlton, on children, business, parenting and more.

If you want more information or get involved or interested in sponsorship, Janice is a Professional Speaker, Coach, Author and Business Trainer who works with empowering people. She can be contacted on 021 514 511. Email [janice@attitudespecialist.co.nz](mailto:janice@attitudespecialist.co.nz) or Janice's website is <http://www.attitudespecialist.co.nz/>.