

TEN WAYS TO INCREASE YOUR SELF ESTEEM

1. **Know Yourself**

Look at yourself in the mirror and describe yourself out loud. Your description should be both about how you look and how you feel about your looks. Be realistic, yet be positive.

2. **Understand What Makes You Feel Great**

Write down the times during the day when you feel great about yourself and keep them in a journal. What are you doing? Who are you with? Does the feeling come from inside or from something someone says to you? Try to recapture this feeling later to help you feel good about yourself.

3. **Recognize The Things That Get You Down**

An occasional bad experience can make you feel bad, but don't let it take over your life. You may be disappointed by a test grade, by not being included in a social gathering, by a classmate's teasing, or any number of things. To control these feelings, look at the causes. Where can you take action? What kinds of situations can you change. How important are they in the "long run"?

4. **Set Goals To Achieve What You Want**

People who succeed, from Olympic athletes to research scientists, set goals and work hard toward them. To make good things happen, identify what you want to accomplish and what steps you must take to achieve your goals. Set some short term goals that you can achieve in the next week or so. Also set goals that you may accomplish over the school year. Take action to make your dreams come true.

5. **Develop Trusting Friendships That Make You Feel Good**

Friends are very important in your life. Form friendships that are mutually rewarding because you enjoy being together or share similar interests. Don't let a friend pull you down by always putting others down. Remember, good friends come in all ages and from all backgrounds.

6. **Don't Be Afraid To Ask For Help**

Despite all your best efforts, sometimes you may need the help of someone with more experience or authority, like a parent, relative, teacher, school counselor, coach, or pastor. If you have problems in your life that keep you feeling low or troubled for an extended period, tell someone you need help.

