

# **SELF-ESTEEM:** Give Yourself a BOOST!



## **BOOST YOUR SELF-ESTEEM**

- You need to see that everyone has value—including YOU!
- Need to see that your poor choices do not define you.
- Must separate your behavior from who you are as a person.
- Must learn and grow from your experiences.

## **HERE ARE SOME TIPS:**

- List stuff you do well.
- Give yourself 3 compliments each day.
- Accept what cannot change.
- Do things that make you feel good about yourself.
- Set realistic goals and meet them.

## **LET'S PRACTICE!**

- Give yourself 3 compliments:

- 1.
- 2.
- 3.

- What are 3 things that make you feel good?

- 1.
- 2.
- 3.

List 3 realistic goals for yourself:

- 1.
- 2.
- 3.

**DON'T FORGET... YOU ARE POWERFUL!**

"Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life, but define yourself."

-Harvey Fierstein