



TIPS ON HOW TO IMPROVE YOUR SELF- ESTEEM

Try to flip your thoughts - instead of saying "I can't", flip it to "I can"



When you make a mistake, try not to let it bother you - mistakes help us to learn!



Practice the things that you're good at - this will help your self-esteem grow



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YOUR EMOTIONAL SUPPORT SERVICE



WHAT IS SELF-ESTEEM?

- Self-esteem is how good you feel about yourself
- How much self-esteem we have will change the way we *think and behave*

IF YOU HAVE HIGH SELF-ESTEEM...

You will...

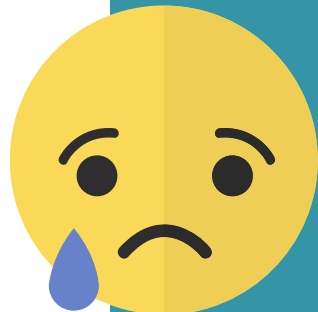
- be really confident
- feel **proud** of yourself
- think *good things* about yourself
- believe in yourself



IF YOU HAVE LOW SELF-ESTEEM...

You will...

- **not** feel *confident*
- be *hard on yourself* and think **negative things**
- *give up* on things easily
- think others are **better** than you



WHY IS IT IMPORTANT?

Having good self-esteem is important for lots of different reasons.

It helps you to...

Try new things



Make friends



Make decisions



Accept your mistakes



Feel good about yourself



...and much, much more!



Making a list of all the things we like about ourselves can help our self-esteem.

Maybe you could use these as a way to start. Think of three...

- things you are good at
- things you like about how you look
- things that make me happy
- things that make me special