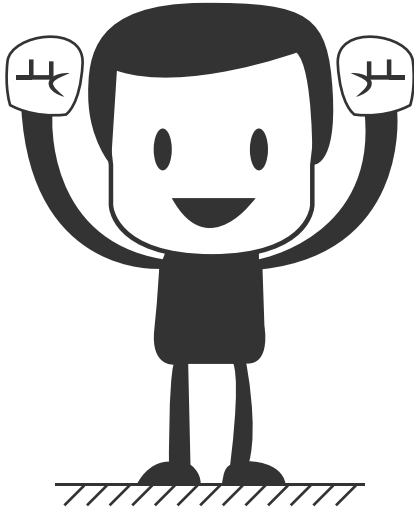


Building High Self-Esteem

Let's be honest. No one feels good about themselves 24/7. All of us have self-doubts, and sometimes we wish to be better looking, smarter or taller. Wouldn't life be so much easier if we could all look like Emma Watson or Hugh Jackman? Well...not necessarily so. It's easy to look like a million dollars (*with the right make-up and exercise*) but without **believing in yourself**, you'll not **FEEL like a million dollars**.

This is why you need to build high self-esteem. Having high self-esteem means you **value yourself and what you can do**. It's an **inner shield** that helps you remain confident even when situations or people try to make you feel or look bad. It's about finding the Emma or Hugh in you without spending a single cent on beauty products and gym memberships.



Your worth is not dependent on your successes or failures.

Failure is just a part of change and personal growth.

When someone has low self-esteem, they:

- Feel like they have little control over the situations in their life.
- Have difficulty dealing with life's challenges, getting frustrated easily.
- Think they are never good enough.
- Take negative comments as damaging truths, and take it as a sign that they can't do it.

Building high self-esteem is an inside-out process.

Boost your self esteem with the following tips:

1 Know yourself, know your strengths

Taking time to understand yourself is one of the best ways to build positive self-esteem. Get your friends to list your STRENGTHS and compare it with what you have written about yourself. I bet they wrote some qualities that you did not even realise you have! Be happy and confident about your strengths.

- Blog about your strengths, tweet it or write down whatever tickles your fancy!

**You have the right to feel good about yourself.
You have the right to love yourself for who you are.
You have the right to be confident of your achievements.**

2 Don't let others put you down

Don't let anyone tell you that you're unattractive or incapable. Believe in yourself and prove your critics wrong.

3

Be kind to yourself

Accept compliments from others with thanks. Talk to yourself in a **positive and encouraging** tone. When you catch yourself thinking negatively, bring yourself back to the positive. **Stop comparing** yourself with others. You are you, and you're special!

4

Reward yourself from time to time

You may be too busy to look after yourself especially in times of stress and challenges. Make time to reward yourself, and you can boost your physical and emotional wellbeing tremendously.

Go out and have fun!

- Engage in your favourite hobby or sports.
- Spend time with friends or loved ones.
- Buy a special gift just for yourself.
- Dress up to look good and feel confident.
- Try something new. Learn a new language or try rock climbing.

5

Surround yourself with supportive friends.

Hang out with friends who'll help you to build on your strengths and work on your weaknesses. Stay away from those who say mean things to you or are out to put you down.

6

Do something nice for others

When you do something nice for a friend or even a stranger, it can boost your self-esteem. It can be as simple as giving your neighbours a friendly smile when you meet them in the morning, volunteering to help your friend with a difficult school project, or helping your mother to take out the trash. These kind deeds go a long way in building your self-esteem.

"SMILE and the whole world smiles with you"

7

Reward yourself from time to time

You may be too busy to look after yourself especially in times of stress and challenges. Make time to reward yourself, and you can boost your physical and emotional wellbeing tremendously.

Be Thankful

- Be thankful that after a long day you're able to have a refreshing shower.
- Be thankful for the delicious meal you can enjoy together with your family.
- Be thankful for friends whom you can share your troubles with.

8

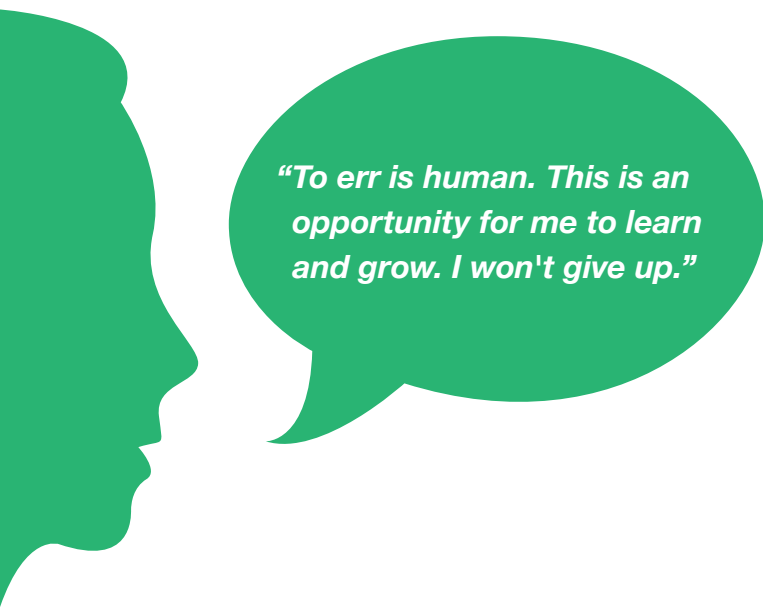
Be Healthy

- Eat healthy. Have a balanced diet and drink lots of water.
- Keep fit. Whether walking or dancing, just stay active.
- Rest well and get sufficient sleep to rejuvenate your body, mind and soul.

9

Don't let setbacks overwhelm you

When things go wrong, it can be tempting to say, "It's too hard" and give up. If you feel overwhelmed, talk to someone you trust about it. Even talking to your pet dog can give you comfort!



"To err is human. This is an opportunity for me to learn and grow. I won't give up."



"I'm a valuable person with unique qualities."

The more you build your self-esteem and realise your self-worth, the more problem-solving and facing life's challenges will not be so daunting. Focus on your strengths, build new skills and improve on old ones. This will build your confidence and make you extremely **attractive**.