



## Feel Positive about Yourself & Life



### 7 tips Boost your self-esteem

*Self esteem is about feeling positive and good about yourself. With great self esteem you'll be more confident ambitious and creative.*

- 1 Write down 3 things you love doing: playing with animals, painting, dressing up, singing or something you loved doing when you were younger.
- 2 Set goals you want to include them in your life. Doing what you enjoy makes you feel good.
- 3 Write down 3 things:  
You like about yourself eg your toes  
You're good at eg. talking to friends  
You do well eg. cook pancakes or bike riding
- 4 Do other things that make you feel good:  
Eg. Paint your fingernails, play your sport
- 5 Be a part of your family and understand everyone has challenges, your parents, your brothers or sisters...help out and learn, one day you'll need those skills when you're living away from home.
- 6 Help someone or give a compliment. You feel good when you help others
- 7 Life is a constant lesson about learning to be your best. Ring or talk to people if you're unhappy, don't sit alone feeling sad.

***A positive attitude is the right attitude.***