# 10 Ways to Build SELF-ESTEEM

1. Identify your needs, wants & hopes. And make CHOICES that move you closer to them...not farther away.

2. Stand up TALL. Literally. Good posture improves confidence.

3. Focus on your effort and view challenges & mistakes as opportunities to learn and grow.

4. Talk to yourself like you would to a good friend, with kindness, compassion & a good sense of humor.

5. CREATE. BUILD. Make art. Follow your curiosities....Do more of what helps you to feel more like amazing, lovable, grounded YOU.

6. Unplug. Go outside. Breathe. And listen to the birds, breeze & wise voice within.

7. Decide what is okay and not okay with you. Then hold your BOUNDARIES and stay true to your values.

8. Connect with others. And spend time with people who treat you the way you want to be treated.

9. Exercise daily, eat healthy food, drink plenty of water & get at least 9 hours of sleep each night.

10. Laugh. PLAY. Have fun. Dance. Get silly.

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**R Bogdan**

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