



# SELF-ESTEEM

## Building a Positive Self-Image

**S**elf-esteem is how you see yourself as a person. If you value the type of person you are, you have a good sense of self-esteem and you're proud to be you. You value your skills and talents, respect your own intelligence and act on your beliefs and feelings. But if you could feel better about yourself, these tips might give you some ideas about how to start.

### Listen to Self Talk

We all carry on a steady mental dialogue. Do you ever listen to what you're saying to yourself? Do you put yourself down or call yourself names? Learn to hear the things you say about yourself, then replace that dialogue with positive images. Stop negative self-talk at

the source to take the first step toward a more positive self-image.

### Recognize Accomplishments

Make a list of your accomplishments, no matter how small they may seem to you. Maybe you won't win a Nobel Prize, but your accomplishments have worth to you. By recognizing them, you can begin to understand that you are important and that you have self-worth.

### Be Assertive

Learn to be assertive and to practice clear communication. Say what you mean and respect what others have to say. Remember that you have rights, too.

### Be Tolerant

Be tolerant of yourself and others. Nobody's perfect. Try not to criticize yourself or other people habitually and don't expect others to criticize you. Recognize that a mistake is only a mistake and don't dwell on it.

### Know Good Friends

Spend time with people who value you. Listen to what they say about you. If others are constantly putting you down, you might want to reconsider those relationships. People you choose to be around are often mirrors of how you feel about yourself. You can find the best in yourself and others by expecting it.

