

Ways to Improve Your Self-Esteem

Accept and believe in yourself.

Appreciate and accept yourself as a unique individual. Believe in yourself, and in your skills and abilities.

Practice positive self-talk.

When you have thoughts that are negative or critical, make the choice to think differently. Fill your thoughts with positive, encouraging messages.



Develop your skills.

Whether you like sports, writing, or cooking, developing your skills and becoming more accomplished at something is a great way to improve your self-esteem.

Be willing to try new things.

Challenge yourself, stretch your boundaries and look for new experiences. Have a can-do attitude.

Help someone else.

Helping others is not only a great thing to do, it makes you feel good.

Surround yourself with positive people.

Seek out friends who are supportive, positive, and encouraging. As much as possible, avoid people who are negative, self-destructive, or who bring you down.

Accept that you are a work in progress.

If you tend to be hard on yourself, cut yourself some slack. No one is perfect. Just strive to do your best.

If your feelings go beyond low self-esteem and cross over into feelings of depression or self-harm, it's important that you talk to a counselor or to someone who can help you. You can also contact the Crisis Text line by texting START to 741741, chat online with a counselor at suicidepreventionlifeline.org, or call the National Suicide Prevention Hotline at 1-800-273-8255.

Improving Your Self-Esteem

Self-esteem is the perception of our own worth. It's how we feel about ourselves – positively or negatively.

When you have low self-esteem, it can feel like you're not good enough, or that you don't measure up—even though that's not true.

There are many things that make you valuable, amazing, and most importantly, you. Improving your self-esteem can help you see that!

Self-Esteem Survey

How strong is your self-esteem?

Yes No

- 1. Do you acknowledge both your strengths and weaknesses?
- 2. Are you able to confidently say no when you don't want to do something?
- 3. Do you accept feedback easily?
- 4. Are you able to express your needs to others?
- 5. Do you feel confident most of the time?
- 6. Do your positive experiences outshine your negative ones?
- 7. Do you have a positive outlook overall?

The more "Yes" boxes you checked, the better your self-esteem likely is.

If you checked several "No" boxes, or you'd just like to feel better about yourself, read on for some things you can do that may help.