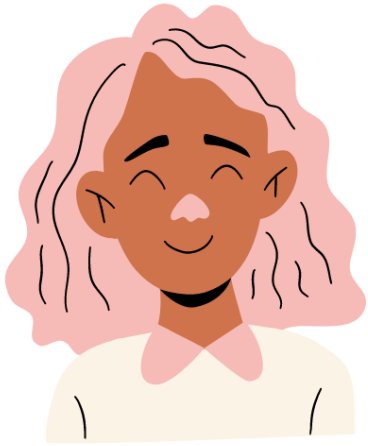


Ways to Improve Your Self-Esteem



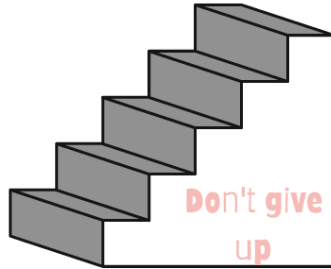
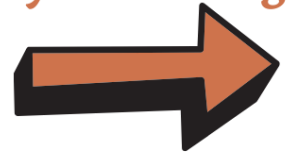
Talk about your feelings



Eat healthy



Focus on your strengths



List your accomplishments



Focus on solutions, not problems



Avoid Perfectionism



Get plenty of sleep



Laugh often

Do something creative

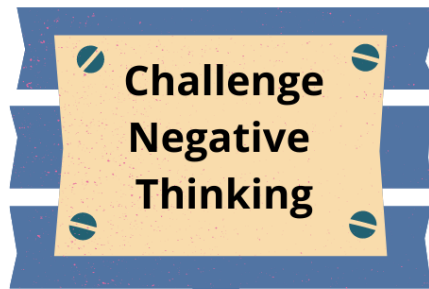
Set Goals

Practice saying NO

Let go of negative people

Get Organized

SMILE



Don't worry about what others think

D
R
E
A
M