

GROW YOUR SELF-ESTEEM

START EACH DAY RIGHT

START EACH DAY WITH POSITIVE THOUGHTS.
TAKE TIME TO SET A POSITIVE TONE FOR THE
DAY AHEAD.

ACCEPT PRAISE

WHEN YOU RECEIVE PRAISE AND COMPLIMENTS
ALLOW YOURSELF TO ACCEPT AND FEEL GOOD
ABOUT THEM.

SQUISH UGLY THOUGHTS

WHEN YOU THINK SOMETHING NEGATIVE ABOUT
YOURSELF OR SOMEONE ELSE SQUISH IT LIKE A BUG.

TAKE CARE OF YOURSELF

ALLOCATE TIME EVERY DAY TO NURTURE YOURSELF:
STRETCH, MEDITATE, GO FOR A WALK.

PURSUE YOUR INTERESTS

IF THERE'S SOMETHING YOU HAVE ALWAYS WANTED
TO DO, DO IT. BECOME SKILLED AT THINGS THAT
INTEREST YOU.

BE WISE TO THE MEDIA

BECOME A CRITICAL VIEWER WHEN IT COMES TO
TELEVISION, MAGAZINES, SOCIAL MEDIA. STOP
BUYING AND WATCHING THINGS THAT PERPETUATE
BAD FEELINGS.

