

SELF-ESTEEM CHECK

Self-esteem means you have self-respect & think highly of yourself. You can't think highly of yourself if you don't respect yourself. Self-esteem is a by-product of how you live your life.

Boost Your Self-Esteem Internally

CHOOSE to do what is morally right. If you take the easy way out or base your actions only on how others will see you, you could damage your self-esteem.

If you believe in your own choices and have high self-esteem, you will usually:

- ❖ Feel less angry & more accepting
- ❖ Care less how others perceive you & more how you perceive yourself
- ❖ Feel less need to control things outside of yourself & more comfortable with the way things are
- ❖ Feel less need to prove yourself to others & more confident in your own judgment
- ❖ Feel more empathy, and therefore be less likely to hurt others & more likely to spread kindness

Our choices affect our self-esteem & our self-esteem affects our choices.

