

10 "S's" TO BOOST YOUR SELF ESTEEM



Amaka
CHIKA-MBONU

1

SELF-COMPASSION

Speak to yourself kindly, especially when you make mistakes. Replace harsh inner critics with soft, kind, encouraging, understanding thoughts.



2 SELF-ACCEPTANCE

Recognize both your strengths and imperfections as part of being human, without judgment.

This helps you understand and appreciate yourself, flaws and all, and find satisfactions in who you really are.



3 SET SMALL GOALS

Choose realistic, bite-sized targets, you don't necessary have to target so high at first because each accomplishment no matter how little or insignificant gives you a sense of competence and control.



4 SHIFT NEGATIVE SELF TALK

Distance yourself from those who constantly criticize or drain your energy. Spend time with people who uplift and support you. when you catch yourself

having a helpful thought, reframe them with positive or neutral alternatives.



5 SAY NO

Learn to set healthy boundaries. Respecting your time and energy teaches others to do the same. Boundaries protect your self-worth.

Saying "NO" doesn't make you a bad person.

Always have it in mind that each time you say NO! You are saying YES to not displeasing yourself.



6 SELF CARE

Prioritize healthy habits like sleep, nutrition, movement, and downtime to maintain your physical and mental energy and also boost clarity.



7

STEP OUT OF COMFORT ZONE

Face your fears, take on new hobbies or challenges. Each time you step out of your comfort zone, and succeed, it builds your confidence, builds resilience and also belief in self.



8

STEADY AFFIRMATIONS

**Affirm your
strengths daily.**

**Write down or say
good things about
yourself.**

**This
rewires your mind
to focus on your
value.**

I matter

I am loved

I can do this

9 SAVOR YOUR WIN

Celebrate both big and small successes. Mindfulness enhances self-esteem.

So do things that make you proud like engaging

in activities that align with your values and each time you win, DO NOT FORGET TO CELEBRATE





STOP SOCIAL COMPARISON

Focus on your own path
instead of measuring
against

others it fosters
authenticity and
contentment

Reflect on your
progress, have a
journal to record your
growth over time.

Seeing how far you've
come strengthens
your sense of self.

