10 page included

Self Esteem

8 topics covered

Self-esteem-con be defined as your overall opinion of yourself, your beliefs obout your oblides, and your limitations Self-esteem is shoped by your thoughts. reconicoration, and esterierces, including those netroperal to volume, dustriare, proof encolerant especie. Stories beliefs you hald about yourself today may reflect mercaphoral or transferward you've repelled from others. Appendix Statement

Self-esteem can change over time and may transform and stabilize based on the people we have pround us and our the experiences. The more variety of alturations we have, the more apportunities we have to learn about who we are and who we want to

It has been suggested that believing in yourself and accepting yourself for who you are it an important factor in overall success, relationships, and life potisfoction. Ball exterm plays on important role in-Madeign or Built Silver.

what others say about. when other ARREST MADE megative how i see may differentiate myself being present finding my Titler purpose se past how I react future to others Discover II. treat others other tryling new things peoples if others ta motives responsibili if others for their value my actions woorth. direumstance: intrusive

Getting to yours	o know elf
Uhana ore a few activities volue & enjoys	Things that make me unique & special:
What makes me feel. like I belong?	What makes me hoppy?
Brown St.	

Kellectron

thoughts

WHAT I'M GRATEFUL FOR...

At times we tend to compare ourselves to others and may feet that we come up lacking. Bringing awareness to what we are grateful for in our own lives can decrease comparison and envy. and increase overall personal satisfaction. Displaying a high level of gratitude can improve your self-esteem by enhancing positive emotions, and may increase feelings of resiliency.

Berry Berragey Contract

TOPICS COVERED

- PSYCHO-ED ON SELF ESTREM
- POSITIVE SELF TALK
- COMPLIMENT YOURSELF
- THUNGS YOU CAR/CART CONTROL
- EMOTTONAL NEEDS
- CRATITUDE
- CHARACTER STRENGTHS
- GETTING TO MNOW YOURSELF

Pasitive Sell Talk

The way that you talk about yourself internally, has a huge impact on your overall self-extreme. If you are constantly putting yourself-down, judging yourself and using critical language, it can create long term negative beliefs about yourself. These long term regative beliefs may turn into low selfextrems. Try finding a few positive affirmations from the list below to help challenge the negative thoughts you may have about yourself Warkton replace the negative statements with a positive.

- I accept myself for who I am right now
- today is a new day, I am in charge of the present
- I am growing and learning everyday
- I grow with every challenge
- I am enough.

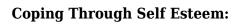
that occur

- I am in full control of my life.
- I choose to trust the process.
- All I need to succeed is within me
- I show up everyday and do my best
- · My power is unlimited
- I let go of limiting beliefs and choose to trust myself
- I am a valuable human being
- · I am becoming more confident each day

district being provinced their

Coping Through Self Esteem

Yicheng Fang



Coping Through Self Esteem Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has be more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Coping Through Self Esteem**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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