

6 Ways Self Esteem Will Change You

1 . **Your Thinking**

Low self-esteem causes negative thinking. Higher self esteem gives you a positive attitude.

2 . **Your Behaviour**

A healthy self esteem will change your behaviour so that you express your opinions, socialise more and act more positively.

3 . **Your Feelings**

You will feel happier, more motivated and you will feel good about yourself and who you are.

4 . **Confidence**

Higher self esteem means you will talk more confidently, smile more and look good.

5 . **Self Image**

You will value yourself and your contribution and your self belief will improve your relationship and communication with others.

6 . **Respect**

Self esteem gives you not only more respect for yourself, but for others too.



Your logo here

Checklist

Do

- Repeat out loud
- Repeat morning and night
- Relax before repeating
- Play calming music
- Use emotion while repeating

Affirmations 1

1. I deserve to be happy and successful.
2. I can make my own choices and decisions.
3. I deserve to be loved.
4. I self-reliant, creative and persistent.
5. It is enough to have done my best.

Don't

- Repeat without feeling
- Repeat too quickly
- Give up on this
- Forget how important this is

Affirmations 2

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Put this checklist next to your bed on the wall where you can see it clearly.



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Checklist



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