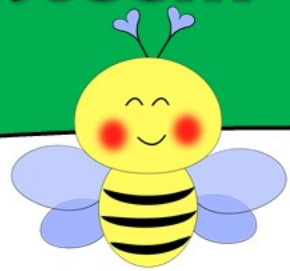
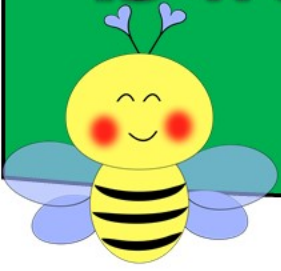


15 ways to promote self esteem



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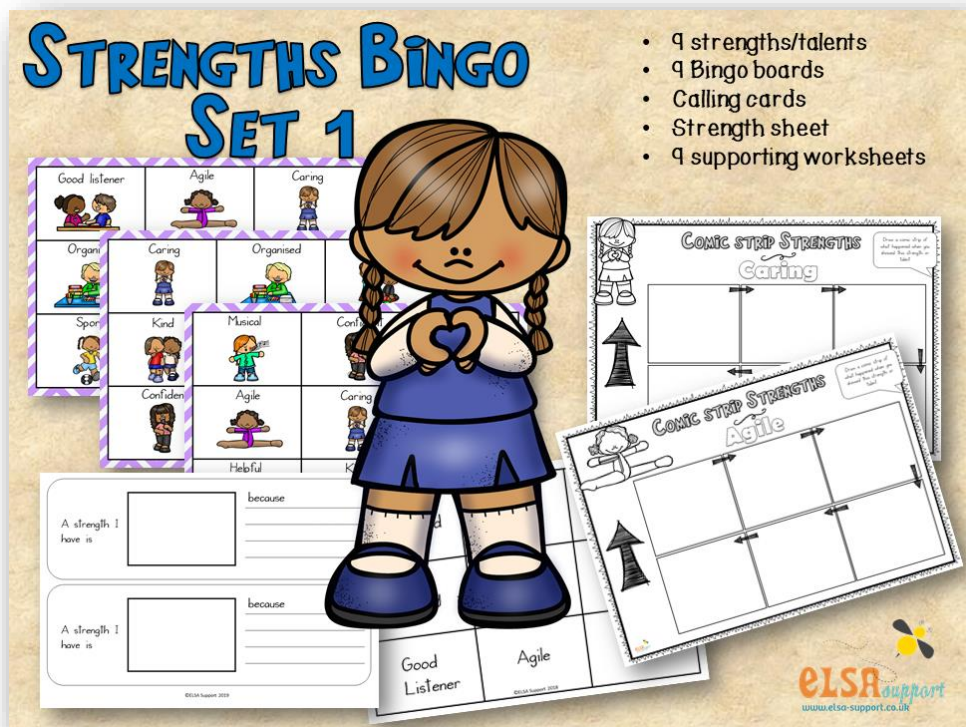
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More resources on self esteem



- 9 strengths/talents
- 9 Bingo boards
- Calling cards
- Strength sheet
- 9 supporting worksheets



15 ways to promote and support Your Self Esteem



1. Know your strengths and talents
2. Use affirmations daily
3. Help others whenever you can
4. Look for the positives in yourself and be grateful
5. Learn new things every day
6. Exercise each day
7. Ask for help if you need it
8. Talk about your feelings
9. Set goals for yourself
10. Stand up for yourself and be assertive
11. Celebrate your successes and be proud of yourself
12. Connect with friends and family
13. Be mindful
14. Learn from mistakes and move on
15. Have the courage to try new things



A cartoon illustration of a young boy with brown skin, wearing glasses, a blue t-shirt with a planet graphic, and light blue pants. He has his arms raised in a celebratory gesture.[illegible]

**I can promote and support
my self esteem by...**

