

Self - Esteem

- What do you want?
- Why do you want it?
- How will you obtain it?



I Am.....

- Why do we care about what others say about us?
- Why do we let others put us in a box?
- Why are we so worried about how others feel about us?

What I put in, is what I will pour out!

- Positive thinking
 - Love speaking

How to improve your self-esteem



1. Connect with positive people on a regular basis.



2. Build your mental health support network.



3. Challenge negative thoughts by trying to create more balanced realistic thoughts.



4. Look after your mental and physical health (sleep, exercise, good nutrition).

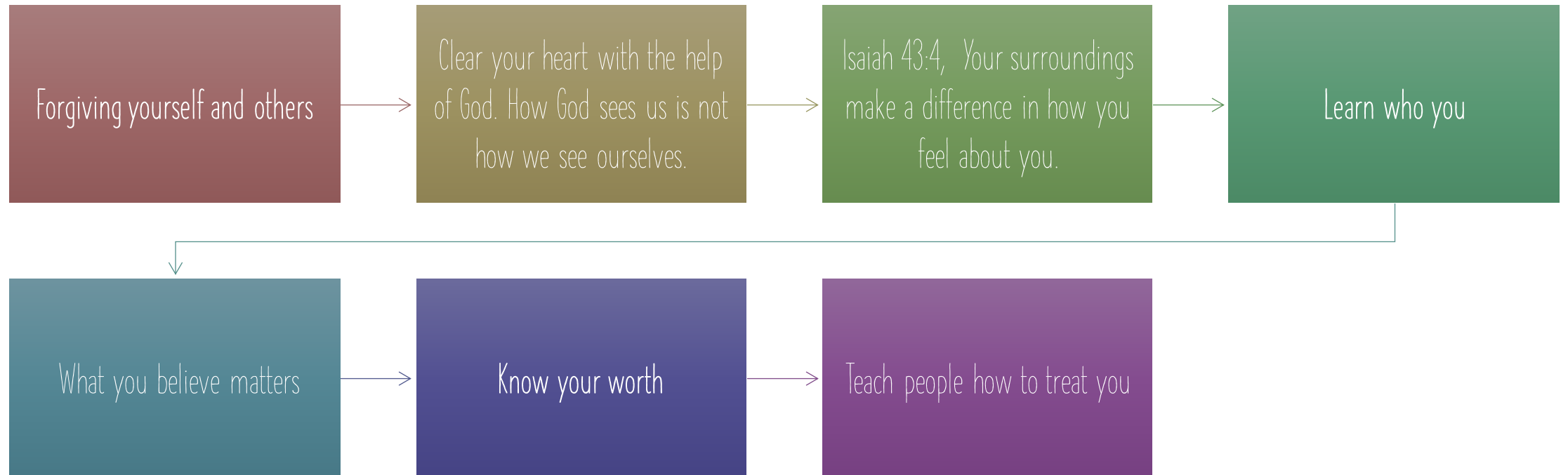


5. Practice self care regularly. Do things you enjoy and give you a sense of achievement.



6. Ask for help if things become too much.

Ways to gain high self-esteem



Scriptures

- Isaiah 43:4
- Philippians 1:6
- 2 Corinthians 5:17
- 2 Timothy 1:7
- 1 Peter 3:4
- For every look you take at yourself, take ten looks at Christ!
- I am becoming what I believe