

Confidence Boosters: 5 Ways to Improve Self-Esteem

GET RID OF PERFECTIONISM:

01

One of the main things that holds people back from achieving their full potential is perfectionism. If you're a perfectionist, it's time to let go of trying to achieve order and your idea of perfect. Perfectionistic mindsets make nothing feel good enough, and it keeps you trying to achieve a goal that can never be attained.



LEARN TO ACCEPT COMPLIMENTS:

Another way to boost your self-esteem is to learn to accept compliments. Accepting compliments can be challenging, especially if you're not used to it or feel it isn't true. When someone pays you a compliment, don't brush it off or try to downplay it, try and accept it. Just like a flower, your self esteem will need time to bloom.

02

SURROUND YOURSELF WITH POSITIVE PEOPLE:

03

Another great way to boost your self-esteem is to surround yourself with positive people. Notice how you feel after interactions with certain people. If you feel uplifted and positive, they are a good support system. If not, it may be time to limit your interactions with people who make you feel deflated and low.



FOCUS ON YOUR STRENGTHS:

Many people have a tendency to focus on their weaknesses. Let's focus on our strengths instead. Mindfully dedicate a time to reflect on what has gone well, what you are proud of yourself for and what you are good at.

04

CHALLENGE NEGATIVE THOUGHTS:

05

Many people believe their negative thoughts, causing themselves to have a negative perception of self. Challenging these thoughts can be difficult but is a skill that will get easier over time. Negative thoughts are often based on feelings and not logic. Just because we feel a certain way does not mean it is true.

