

# **10 Ways to Increase Self Esteem**

- 1. Surround yourself with positive people**
- 2. Learn to say no and not feel guilty**
- 3. Take care of your physical appearance**
- 4. Focus on the positive parts of yourself**
- 5. Treat Yo'self (Celebrate your successes)**
- 6. Give back: Volunteer or Help others**
- 7. Do something new**
- 8. Hug someone**
- 9. Ask for what you want**
- 10. Challenge your fears**

