

Ten Ways to Feel Better About Yourself

1. Keep a journal- a victory log of positive strengths, things you're proud of, good events, etc., and re-read it often.
2. Affirm your strengths everyday.
3. Before you go to sleep, take time to reflect on all the good things that happened during the day.
4. Try something new or do something you're afraid of.
5. Be creative. Find your personal outlet.
6. Set aside time for yourself every day, for relaxation, entertainment, etc.
7. Do something nice for someone else.
8. Notice your internal thoughts and practice self-talk.
9. Avoid comparing yourself to others. It's a lose/lose situation.
10. Take up an enjoyable physical activity strictly for yourself.

