



## ***5 Self-Care Techniques and Things You Can Do to Increase Self-Esteem***

1. Finish whatever it is that you've started; accomplish something. When we accomplish things, it impacts our sense of self and allows us to view ourselves in a more positive light.
2. Develop discipline by choosing ONE thing to stick to for at least 30 days. Repetition develops tolerance which increases patience.
3. Spend more time grooming yourself. Being healthy makes you feel good and so does looking good!
4. Speak positive affirmations over your life. Don't say what you can't accomplish; Always believe in yourself and your abilities.
5. Stand up for yourself and create boundaries. When we stand up for ourselves, it shows just how much we value "Us" which in return sends good signals to the brain. It conditions you to believe in yourself and to not tolerate anything that threatens that belief.