

**I Matter: Develop A High Level
Of Self-Respect Ecourse**

**15 WAYS TO RAISE
YOUR SELF-ESTEEM**
Checklist



✓ **Identify and use your personal support system.**

Identify a few people, ideally the folks you love and trust most, and have a plan to contact them when you are struggling with your self-esteem. Knowing that you have your personal support system plan in place is an excellent way to support your self-esteem levels when you're going through a tough time.

✓ **Swap out negative self-talk with something more positive.**

Take special note of how you speak to yourself, especially the phrasing and words you use when you address yourself directly. If you are using negative self-talk, you can practice swapping it for something more positive and productive.

✓ **Start each day off positively with affirmations and mantras.**

Get into the habit of starting each day off positively with affirmations and mantras. Using positive affirmations and mantras is an excellent way to create a positive foundation on which the entirety of your day can rest.

✓ **Take good care of your physical and mental health.**

It is always easier to feel a higher sense of self-esteem when you are treating yourself well.

✓ **Practice setting and enforcing boundaries with people in your life.**

Feeling someone attempt to “steamroll” through one of your boundaries can make you feel disrespected and unimportant. This is why learning how to set and

enforce boundaries with other people is essential for keeping yourself esteem high.

✓ **When you do something well, take some time to congratulate yourself.**

Even if what you have done feels small or insignificant, it is important to recognize when you have done something well.

✓ **Limit the amount of time you spend scrolling through social media.**

When you spend time scrolling through social media, it becomes very tempting and easy to compare the details of your life against the shared details of other people's lives. You may even choose to remove social media from your life altogether because it removes the temptation to compare yourself to everyone else's "highlight reels."

✓ **Practice accepting compliments rather than attempting to reject or negate them.**

The next time somebody pays you a nice compliment, practice accepting it by simply saying thank you. Do not try to downplay or negate whatever the person said to you. Practice accepting the nice compliment by expressing thanks for it and then leaving it alone instead of picking it apart and trying to prove it wrong.

✓ **Talk to people you love and trust about why they like you.**

Asking your friends, family, and other folks who are close to you about why they like you is a great way to see an outsider's perspective on your whole self. You

don't have to struggle alone – instead, ask for your loved ones to help you understand your strengths and great qualities for a self-esteem boost.

✓ **Get involved in a cause that matters a lot to you.**

Getting involved with volunteer work and helping others not only provides necessary assistance to various programs and individuals who need it, but it also gives your self-esteem a major boost. It feels good to help others and knowing that you've done something positive for someone else helps you feel better about yourself.

✓ **Track your progress as you work toward various goals in your life.**

When you're feeling low, you can review the strides you've made on your pathway toward meeting your various goals. Sometimes, progress can feel invisible, but when you have some physical proof of moving closer, you can boost your self-esteem higher.

✓ **Avoid using negative outlets to self soothe when you're feeling low.**

- Excessive drinking
- Drug use
- Overeating
- Impulse spending

Instead, look for more positive methods of soothing...

- Reaching out to a loved one for support
- Taking a rest break or a nap
- Attending a counseling or therapy appointment

- Getting in some physical exercise
- Engaging in deep breathing exercises

✓ **Challenge your negative assumptions by measuring them against reality.**

When you measure your negative assumption against reality, it's much easier to break it down before it can damage your self-esteem.

✓ **Give yourself one kind compliment each day.**

Make an effort to speak to yourself with kindness – doing so can really raise your self-esteem! You can choose to compliment yourself on anything, such as a trait you admire within yourself, something you did well during the day, your outfit, and more. The point of the exercise is to recognize goodness within yourself and speak it aloud.

✓ **Think of yourself as your best and closest friend.**

Think about the way you interact with your best friend. You speak to them with kindness, listen to them, support them when they're struggling, and use kind words to guide them through their anxieties. You do these things because you feel like your best friend deserves your kindness. The more you treat yourself like a true best friend, the more you'll trust yourself and feel your self-esteem bloom.