

# 10

**Easy to Use**  
*Self-Esteem*  
**Boosters**



I Like  
ME!

# Self-Esteem Booster #1

## Identify What You Believe About Yourself

1. On a sheet of paper write the beliefs you learned about yourself when you were young from your: parents, siblings, family, friends, teachers and others.
2. Which of these messages continue to dictate your thoughts today?
3. Which messages support and which messages decrease your confidence and happiness?
4. Which messages do you want to change in order to improve your self-esteem?
5. Write the new thoughts you choose to believe to support positive self-esteem and happiness.
6. Read your new thoughts daily in the mirror.

## Self-Esteem Booster #2

### Check Yourself Out

Look at yourself in a full size mirror and pick **five things** about yourself that make you feel good. You can pick five things you see on the outside (*your smile, lips, nose, etc...*) things related to your style (*your hair, clothes, piercings, etc...*) or your internal attributes (*kindness, compassion, humor, etc...*)

If you have trouble ask a close friend to help you.

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# Self-Esteem Booster #3

## Toot Your Horn

Complete the following statements on a piece of paper.  
If you have trouble with a statement, revisit it later. The next time you're feeling low read your statements and be reminded of your awesomeness!

I like myself because...

I'm loved by...

People say I'm good at...

I've been told I have pretty...

I laugh when I think about...

People compliment me about...

What I enjoy most is...

My favorite place is...

I know a lot about...

My friends would tell you I have great...

I'm special because...

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# Self-Esteem Booster #4

## Create an Uplifting Playlist

Create a playlist of songs that make you feel good about yourself and that communicate positive messages. Listen to your playlist daily or whenever you need your spirits uplifted. A few of the songs on my Uplifting Playlist are:

- ♥ Just Fine- Mary J. Blige
- ♥ Imagine Me- Kirk Franklin
- ♥ You Gotta Be- Des'ree
- ♥ Video- India Arie
- ♥ Unwritten- Natasha Bedingfield
- ♥ Beautiful- Christina Aguilera
- ♥ Raise Your Glass- Pink

# Self-Esteem Booster #5

## Make Time For Yourself

Set aside time each day for “me-time.” Whether you have to set your alarm clock 15 minutes early or schedule your “me-time” mid-day, after lunch. Take a few minutes to do something that you enjoy.

Read a book, peruse a magazine, journal or exercise. **Whatever you choose to do, make sure it's for you.**

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Self-Esteem

Booster #6

Remind Yourself that...

- You are enough
- You are not defined by your past
- It's ok if you're not perfect  
and...
- You are worthy

Self-Esteem

Booster #7

**Make Peace With YOU**

"Until you make peace with who you are, you'll never be content with what you have."

-Doris Mortman

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## Self-Esteem Booster #8

### Stop Any Negative Self-Talk

If you make a mistake, instead of calling yourself names or beating yourself up, ask yourself:

“What caused me to do this?”

“Why did this happen?”

“What can I learn from this?”

“What can I do differently next time?”

Being harsh with yourself doesn't promote high self-esteem. Be generous and compassionate with yourself. You deserve it.

# Self-Esteem Booster #9

## Make Three Lists

One of your accomplishments, one of your strengths and one of the things you admire about yourself.

If you have trouble with this activity get a close friend or relative to help you out.

Keep your list in a safe place and read it regularly.

# Self-Esteem Booster #10

## Celebrate Your Victories

If you're anything like me, you often minimize your victories in order to remain humble or you may not even notice how admirable your triumphs are. Think about your life and any obstacles that you've faced. Chances are, if you're still here... you've overcome something, and that should be celebrated.

We each have our own stories and journeys that come along with unique battle scars that have affected us either physically, emotionally, spiritually, mentally or all of the above.

**Take the time to list your victories and celebrate yourself for overcoming.**

The next time you face an obstacle, remember how far you've come. If you made it through in the past, you can do it again.