

# SEVEN DAILY HABITS THAT BOOST SELF-ESTEEM

## Mindmap

### BOOST SELF ESTEEM

#### Get Enough Sleep

- ❑ Establish a bedtime and stick to it, no matter what.
- ❑ Be sure the conditions of your bedroom are optimized for sleep. This includes turning down the temperature, blocking out unneeded light, and adding or removing sounds to your personal preference.
- ❑ Put away your phone or tablets at least one hour before bedtime.
- ❑ Avoid caffeine in the afternoon or evening and alcohol within a few hours of bedtime.

#### Do Something Nice For Others

- ❑ Buy coffee for a stranger at your coffee shop
- ❑ Put money in someone's expired parking meter
- ❑ Give up your seat for someone older or more infirm
- ❑ Give someone a compliment
- ❑ Teach someone how to do something that you are good at

#### Exercise

- ❑ Exercise is a fantastic way to boost your self-esteem and should be a part of your daily routine
- ❑ Regular physical activity can help you feel stronger and more able to take on challenges
- ❑ Exercise reduces your stress, which makes it easier to tackle problems and think more clearly about yourself and the world
- ❑ Those who work out often have lower rates of depression and higher levels of self-confidence
- ❑ If you hate the gym, find another physical activity that you enjoy and do that! Play basketball, ride your bike, go swimming, or take a dance class, whatever fits your lifestyle

#### Accept Compliments

- ❑ Feedback from others can inform your self-esteem, but you must be open to the positive feedback and the compliments from other people
- ❑ When you are willing to hear the compliments to others, it helps you learn about what others value in your personality and what they see as your positive traits

#### Set Goals You Can Reach

- ❑ If you want to feel more confident in yourself, you need to have more mastery experiences, which are any activities that enable you to reach a goal
- ❑ These opportunities can help you see your strengths while boosting your confidence
- ❑ Work on setting goals that are attainable, as constant struggle and failure to reach your goals will only bring you down. For example, if you are working on walking or sitting up straight

#### Focus On Posture

- ❑ Your posture is not only an outward clue as to your own self-esteem but also sends physical signals to your brain as to your current state of confidence
- ❑ When you want to project certainty to others, start by standing up straight, pushing your shoulders back, and holding your head high
- ❑ Set reminders on your phone to check your posture every 30 minutes or wear a posture training device to help strengthen the muscles in your back

#### Use Daily Affirmations

- ❑ Affirmations are positive statements that you say to yourself to manifest a reality and can help you overcome negative beliefs and end self-sabotaging habits.
- ❑ Repeat affirmations aloud to yourself, preferably while looking in a mirror.
  - Today is going to be a great day, and I am in control of its outcome.
  - My body and mind are healthy, and my life is in balance.
  - I have been blessed with many talents and gifts, which I share with others.