

SEVEN DAILY HABITS TO
**BOOST YOUR
SELF ESTEEM**

Table of Contents

Introduction.....	1
7 Daily Habits To Boost Self-Esteem	2
Get Enough Sleep.....	2
Do Something Nice for Others.....	3
Get Exercise.....	5
Accept Compliments from Other People	5
Set Goals You Can Reach.....	6
Focus on Your Posture	6
Use Daily Affirmations	7
Final Thoughts	8

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Introduction

Self-esteem is an essential construct within your psyche and is how you feel about yourself. Your self-esteem is a measure of how confident you are in yourself and your abilities, and it can be higher or lower depending on the situation and your past experiences.

Those with a more positive sense of self are more likely to have higher resilience, more confidence, and a more optimistic outlook. When you are subjected to consistent negative messages from others or yourself, your self-esteem takes a toll and can suffer.

Committing to a daily practice that is aimed at boosting your self-esteem can help define and improve your overall sense of self.

Having higher self-esteem can protect you from mental health issues, can help you achieve your goals, and can raise your happiness level.

7 Daily Habits To Boost Self-Esteem

Adopting just a few, simple daily habits can significantly improve your self-esteem and help you recover from adverse events that may lower your sense of self. Here are a few from which you can choose.

Get Enough Sleep

Sleep is not just crucial to your energy level and overall physical health. When you don't get enough sleep, your brain is not able to think clearly or process information correctly. This can lead to skewed perceptions and misjudgments that can damage your self-esteem.

When you are suffering from lack of sleep, you are more likely to take things personally that were not directed at you, and you will have a harder time staying positive and fending off feelings of anxiety or depression.



Sleep is crucial for emotional management, which also helps you control and monitor your negative self-talk. Those who get more sleep are more likely to have higher self-esteem than those with chronic sleep deficits.

Use these tips to help you get a good night's rest.

1. Establish a bedtime and stick to it, no matter what. When your body adjusts to and expects sleep at a specific time, it will be easier to fall asleep.
2. 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.
3. Put away your phone or tablets at least one hour before bedtime. The artificial light emitted by these devices interferes with brainwaves that signal sleep, so it makes it more challenging to feel tired.

4. Avoid caffeine in the afternoon or evening and alcohol within a few hours of bedtime. Both can keep you awake longer or cause you to need to get up during the night.
5. Talk with your doctor if you think you have a sleeping disorder that is making it difficult to fall asleep or stay asleep.

Do Something Nice for Others

When you do something kind for someone else, you feel better about yourself. Kindness contributes to a sense of purpose and connection with others, which can also boost your self-worth.

And in some cases, acts of kindness can increase your own abilities or proficiencies, especially when you are sharing a particular skill or knowledge set with someone else to benefit them.

Some examples of acts of kindness include:

- Buying coffee for a stranger at your coffee shop
- Putting money in someone's expired parking meter
- Giving up your seat for someone older or more infirm
- Giving someone a compliment

Get 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 while also have better health indicators.



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 from Other People

Feedback from others can inform your self-esteem, but you must be open to the positive feedback and the compliments of 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.



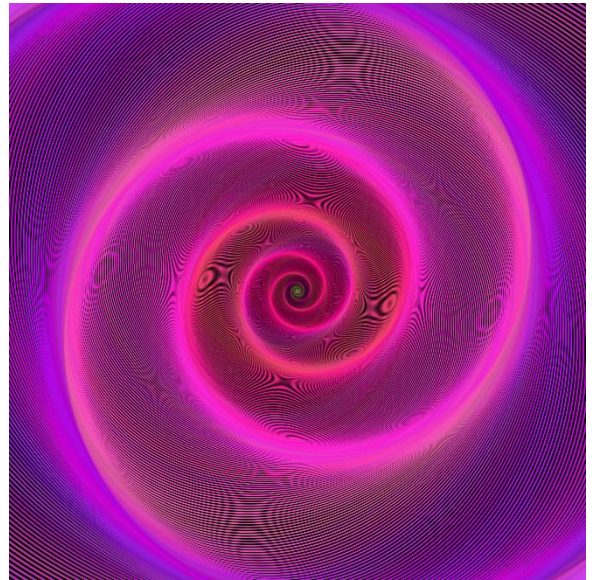
Most people struggle to accept compliments graciously and therefore minimize the feedback that they get from others.

While you should never base your self-esteem solely on what others think of you, it is important to be willing to hear that feedback and to consider how you feel about what others think.

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 types of opportunities can help you see your strengths while boosting your confidence.

It is important that you work on setting goals that are attainable, as constant struggle and failure to reach benchmarks will quickly damage your self-worth.



Focus on Your Posture

If you want to feel more confident in yourself, then you can trick your brain into feeling more assured by standing or sitting up straight. 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.

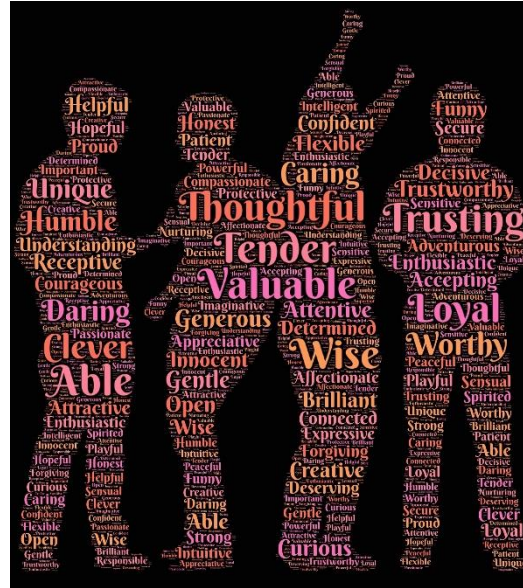
Set reminders on your phone to check your posture every 30 minutes or wear a posture training device to help strengthen the muscles in your back.

Use Daily Affirmations

Affirmations are positive statements that you say to yourself to remind yourself of important ideas or to help you manifest a reality. These positive statements can help you overcome negative behaviors or beliefs and end self-sabotaging habits.

By saying the words aloud, you begin to believe them, which then influences positive changes in your routine.

Affirmations are written as statements that are already occurring in the present tense. You should repeat affirmations aloud to yourself, and many prefer looking in a mirror while doing so.



Some examples of positive affirmations to raise self-esteem include:

- 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.
- My relationships with others are growing every day in their depth and breadth.
- I possess all the qualities necessary for achieving my goals.

Final Thoughts

Boosting your self-esteem can give you added confidence, help you overcome obstacles, and enable you to achieve your goals. These daily habits are simple but effective practices that can help you feel more confident in yourself.