



**National
Association
for Self-Esteem**

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SELF ESTEEM TIP SHEET

1. When you make a mistake, it is best to own up to it and correct it, rather than ignore it and pretend it didn't happen.

Self-respect and power come from admitting your mistakes, learning from them and taking corrective action.

2. When you look at yourself in the mirror, embrace your beauty rather than pointing out your flaws.

When you embrace your own beauty and uniqueness, that is true self-acceptance.

3. Take responsibility for your own results instead of blaming others for your problems.

Taking responsibility for your thoughts, words, and actions will set you free from the pain of blame and guilt.

4. You have the right to express your wants, needs, and self-worth; and have them treated with respect by others.

Claim your needs as important and respectfully assert yourself.

5. You are capable of creating anything when your life has purpose, focus and direction.

You have the potential to be so much more than you might imagine; the most important thing is that your life has meaning for you.

6. Keep your commitments to yourself and others.

By honoring your commitments you demonstrate integrity, credibility, and earn respect.

7. Positive self-talk empowers you, makes you stronger, and builds confidence.

To eliminate negative self-talk: (1) recognize it; (2) interrupt it; and (3) replace it with a positive message.

8. By trusting yourself, you can keep others' words in perspective without becoming defensive.

Your strong sense of self-worth allows you to maintain your power and still hear what others have to say without feeling bad about yourself.

Visit our Web site at <http://www.self-esteem-NASE.org>