

The

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self esteem to-do list

- #1** Set daily positive affirmations.
- #2** Form connections and relationships with caring adults.
- #3** Ask for help and support when you need it.
- #4** Remind yourself that *nobody* is perfect.
- #5** Laugh! Play! Have fun!
- #6** Embrace and accept every part of yourself.
- #7** Avoid comparing yourself with others.
- #8** Set your boundaries and stick with it. Don't be afraid to say no.
- #9** Talk about your feelings with someone you trust.
- #10** Focus on what you can control, rather than what you cannot.
- #11** Forgive others and forgive yourself.
- #12** See mistakes as an opportunity to learn and grow.
- #13** Complete that list of things you've been putting off.
- #14** When things don't go your way, or the unexpected happens, get back up and try a different approach.
- #15** Learn and practice ways to create calm, peace and mindfulness within. *Try meditative breathing!*



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