



# Ways to Improve Self-Esteem

AFFIRM YOURSELF OFTEN

CULTIVATE HOBBIES

MAKE TIME FOR REST

LIVE HUMBLLY

HONOR YOUR WORD TO OTHERS

ACCEPT FAILURE AS PART OF GROWTH

EXPRESS FEELINGS

LET GO OF NEGATIVE PEOPLE OR INFLUENCES

SERVE OR HELP OTHERS OFTEN

LEARN & MASTER A NEW SKILL

STOP WORRYING ABOUT WHAT OTHERS THINK

RECLAIM YOUR INTEGRITY

CHALLENGE LIMITING BELIEFS

MANAGE YOUR TIME WELL

STAND AT THE EDGE OF YOUR COMFORT ZONE

BE WILLING TO LOVE YOURSELF **FIRST**

THE MAXX CO.