NAME POEM

In the boxes on the left, write your name letter by letter. Next to the box, write a positive word about yourself that begins with that letter. For these purposes, don’t worry about grammar and spelling. Just do the best you can. The main idea is for you to participate.
50 Tips for Developing Self-Esteem

1. Remember that self-esteem is how you feel about yourself. It affects how others treat you and how you treat yourself.

2. Know that you are worthwhile and valuable.

3. Understand your feelings and emotions and deal with them as they occur.

4. Develop a healthy self-image; it can create inner strength and motivation and inspire you to excel.

5. Know that the benefits of high self-esteem are security, self-acceptance, a cheerful outlook, and confidence in your future.

6. Believe in your ability to think, judge, choose, and decide.

7. Know and understand your interests and needs.

8. Trust yourself. Don’t lie to yourself or others and be honest in all your dealings.

9. Get a sense of control over your life through a good self-image.

10. Have confidence in your values.

11. Realize that you have the right to be alive and happy.

12. Assert your thoughts, needs, wants, and joys.
13. Respect yourself and your decisions.

14. Don’t allow intimidation or fear to hold you back from your dreams.


16. Place yourself in situations where you feel safe and free from physical and verbal harm.


18. Develop meaning and direction in your life; know where you want to go.

19. Be aware that the effects of low self-esteem make it difficult to rise up and tackle the challenges of life.

20. Have a good opinion of yourself; it affects every aspect of your life, including your health, energy, peace of mind, happiness, and much more.

21. Know that with high self-esteem comes a respect for your body and health, others, and society in general.

22. Remember that self-destructive actions decrease as feelings of self-worth increase.

23. Know that everyone can believe, achieve, and succeed.

24. Make your dreams come true; create your realities.
25. Keep in mind that you can succeed at anything you put your mind to.

26. Feel secure that you can confront challenges.

27. Stand up for yourself.

28. Know that you deserve a rich and peaceful life.

29. Be aware that the respect you have for yourself affects everything you do and say.

30. Feel good about yourself; it determines how you will treat others.

31. Recognize that the degree to which you take responsibility for yourself and your actions depends on your self-esteem.

32. Realize that you are lovable and capable of loving.

33. Increase your self-esteem; you’ll be better able to cope with problems and changes.

34. Develop goals. Your self-esteem will soar as you achieve them.

35. Know that people with high self-esteem attract better partners and friends.

36. Confront obstacles, fears, and conflicts better by thinking highly of yourself.

37. Solve problems instead of worrying about them.
50 Tips for Developing Self-Esteem (cont.)

38. Realize that you can create your own successes.

39. Feel good and you’ll look good, and vice versa.

40. Strive to be more compassionate toward yourself, and you will automatically be more compassionate to others.

41. Do your best to be useful, helpful, purposeful, and responsible.

42. Become more secure, decisive, trusting, and optimistic by developing your self-esteem.

43. Inspire and empower yourself by realizing your true potential.

44. Be willing to join in on new activities and expand your interests.

45. Believe in your ability to achieve and succeed.

46. Take part in different experiences; show yourself how much you can enjoy a challenge.

47. Be confident that you always have something to offer.

48. Share with others; it encourages others to share with you.

49. Learn to accept advice without viewing it as criticism.

50. Be comfortable with yourself.