

# Be Confident

Boost your self-esteem with these tips and tricks



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POSITIVE  
MIND



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VIBES



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LIFE



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# Shine like a diamond

Self esteem reflects your overall emotional evaluation of your own worth. Low self esteem results from a lack of seeing your worth, or seeing anything good in yourself. It can result from seeing yourself in the light of your weaknesses and not acknowledging your strengths.

## 1. IT'S ALL IN YOUR HEAD

If you win the battle in your mind, you are set! Do not accept all the negative thoughts about yourself that may flood your mind. The truth is, you are not that bad.

When those negative thoughts about how awful you are come up, cast them down. Learn to change wrong narratives that may be in your head.

The Bible says you are fearfully and wonderfully made. God made you for a reason and no matter what you have gone through, your experiences do not define you as a person.

Read uplifting books. Listen to motivational teachings. God made you and God is always right. God did not make a bad product.

## 2. WATCH YOUR ASSOCIATIONS

Are your friends people who don't see the good in anything, let alone themselves, or you? Well, it's time to make new ones.

Are you in an abusive relationship? Seek help and get out!

Do your friends put you down?

# 7 KEYS TO DEFEATING LOW SELF ESTEEM



# Have Fun!

Then they do not deserve to be your friends.

Do your parents tell you that you will never amount to anything? Don't internalize that message; don't let it sink into your heart (this is where the scriptures help).

Start to associate with people who will lift you up. I am not talking about surrounding yourself with flatterers or "yes-men." I am talking about true friends who see you for who you are and still see the good in you.

Your associations can make or break you.





### 3. PRACTICE SELF CARE

If you suffer with low self esteem chances are that you have neglected yourself in some way somewhere along the line.

Take care of your health, exercise, eat right, and lose weight if you need to.

Take a class that interests you. Develop some new hobbies. Go out and visit new places. If you are overwhelmed in life, try to squeeze in a vacation. Get some new clothes (they do not have to break the bank).

It is vital that you make self care part of your whole life. When you look good, you feel good. Taking care of your body helps you look good.

### 4. BE MINDFUL OF WHAT YOU SAY

Watch your mouth! No more self-deprecating fat jokes ("I just look at food and get fat"); no more poor jokes ("I am so broke I can't even pay attention"); no more dumb jokes ("I am such an idiot").

Call those things that are not as though they are! Say what you want to see in your life: "I am God's product and God is not wrong"

"My metabolism works great"; "I am smart"; "I call myself rich according to the Word of God"; "I shall never be broke"; "I don't desire to eat so much"; "I esteem myself as God esteems me"; etc, etc, etc.

If you have to write down a daily confession of faith or affirmation, do it. Low self esteem is not humility; it is humiliation.

**CALL THOSE THINGS THAT ARE NOT AS THOUGH THEY ARE!**

## 5. LEARN TO LOVE YOU

Accept the love of God; learn to love yourself.

Yes, you may have issues but who doesn't? Only when you love yourself, through accepting God's love, will you have the strength to change whatever behavior or habit it is about yourself that you do not like.

There is no one better you than you, so, love you. Loving yourself does not mean that you hate others or become arrogant. You are God's child.

God loves you, so, love yourself.



## 7. SEEK COUNSELING

If you are depressed or in over your head, seek help from a trusted friend, pastor, counselor, life coach, doctor, or someone who has been there before.

You don't have to struggle alone.



## 6. HELP SOMEONE OUT

When you make strides, help other people with their struggles.

Chances are that as you focus on other people you will focus on yourself less.

Helping another person will also help you feel better about yourself as you bring solutions to your world.

As you help others, God will cause help to come your way in various forms.

Remember, deeds are seeds.

**SAY IT**

- and mean it The words you speak hold power. Be sure you're using your power for good and not evil.

Be kind to YOU!

**PARTNER UP**

Find at least ONE person that can be your accountability partner.

We're stronger in numbers--Plus it's always nice to have someone in our corner

**REDISCOVER**

--what makes you happy! Try new activities, get involved locally, join a meetup, etc.

**MOVE FORWARD**

The past is the past and we're going to leave it there. True, this is easier said than done, but the good news is you're not alone.

WE got this!

Get  
happy

I AM  
WORTHY

# Speak Life Into Yourself!

by finishing the sentences below

I feel good when I:

---

I've been successful at:

---

My goals for the future are:

---

What I enjoy the most is:

---

I'm loved by:

---





# I AM BEAUTIFUL

WHAT ARE 6 THINGS THAT  
MAKE YOU BEAUTIFUL?

---

1

2

3

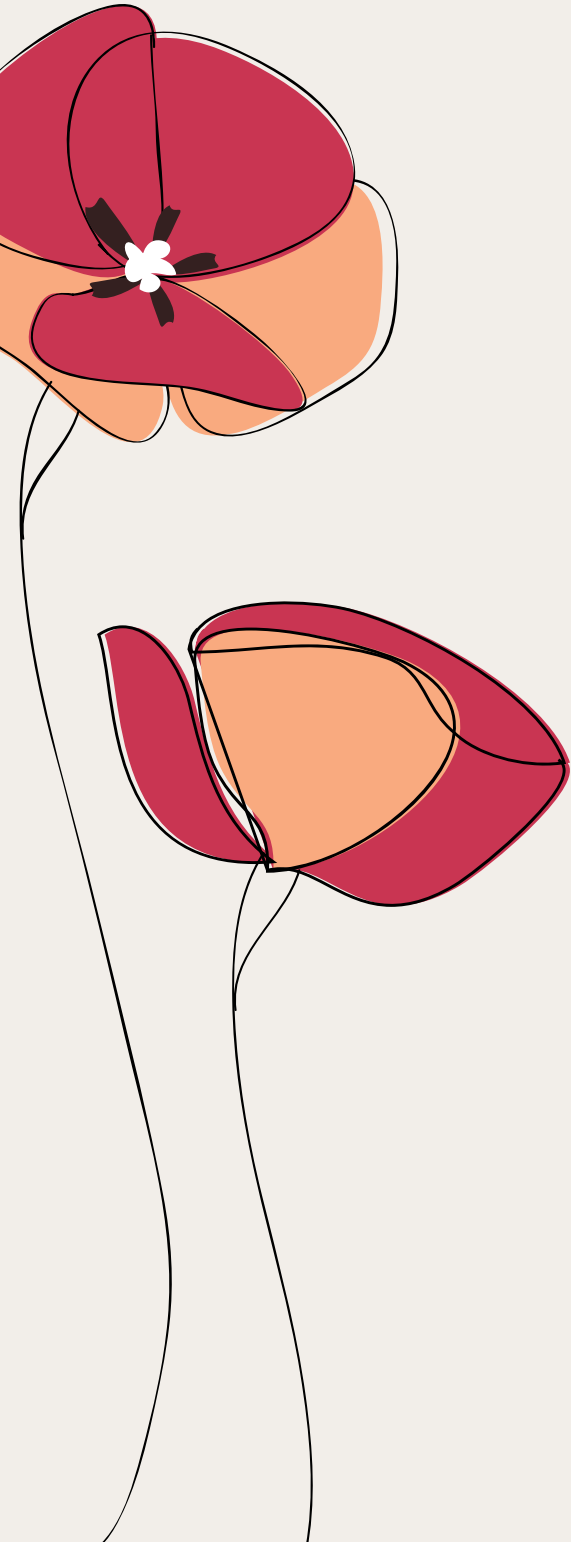
4

5

6

# *Affirmations for the Soul*

SAY IT LOUD & MEAN IT



I deserve to be *happy*.

There are *no blocks* I can't overcome.

I am becoming a *better* version of myself one day at a time.

I let go of *fearing* mistakes and failure.



# WORK IT OUT

## STRESS RELIEVING WORKOUTS

### RUNNING

People who run experience an uptick in endorphins, which essentially send happy signals to your brain. This is usually what people refer to as the “runners high,” which can do wonders for lowering your stress and preventing anxiety. The more you run, the more likely you are to leave your stress in the dust.

### YOGA

This ancient form of exercise and controlled breathing can instantly calm your mind and body. The core of yoga practice begins with the breath, and learning to control your breathing to help your body move into various poses. The poses themselves can improve your flexibility as blood and oxygen flow through your body, which help to relieve physical pressure also caused by stress.

### BOXING

Boxing has a number of benefits from major calorie burn to building lean muscle. But on top of that, boxing allows you to relieve stress by punching it all away. Whether you prefer shadow boxing, punching bags, or a sparring partner, setting a target to aim punches and kicks creates increased focus and relieves that overwhelmed feeling you might otherwise have.

### SWIMMING

Much like running, swimming has amazing benefits for your whole body. Steady paced swimming for an extended period of time can release endorphins as with any vigorous exercise, which instantly calm your brain. As you perfect your technique, the steady, controlled breaths can also create a calming effect for your body, reducing stress and preventing anxiety.