

SEE MISTAKES AS AN OPPORTUNITY TO LEARN



Remember that NO ONE IS PERFECT.



Don't compare yourself to what you see in the media.



Focus on the things you have control over & can change.



Choose friends who treat you how you want to be treated.

BE YOUR OWN BEST FRIEND.

Do more of what helps you feel good about yourself.

Look in the mirror & tell yourself, "I love you."



Don't compare yourself with others. You are unique!

READ!



50 Ways to Build SELF-ESTEEM for kids

Make choices that stay true to what you value.



Learn & practice healthy ways to cope with stress.



Laugh Play Have Fun! Get Joy!

Say positive affirmations.



PRACTICE GRATITUDE.



FOCUS ON THE POSITIVES & BE OPTIMISTIC!



FORGIVE OTHERS. FORGIVE YOURSELF.



Take slow, mindful breathers.

exercise



Practice daily hygiene.



TELL THE TRUTH & BE HONEST.

Eat healthy food.

Say "no" to things you are uncomfortable with.

TALK ABOUT YOUR FEELINGS WITH SOMEONE YOU TRUST.



focus on solutions, NOT PROBLEMS.

Say what you want, need & hope for.



Try again when something doesn't work out the way you hoped it would.



Remind yourself that your bravery is stronger than your fear.

DRINK PLenty OF WATER

Get enough sleep.

HAVE A GROWTH MINDSET.



SAY, THANK YOU WHEN SOMEONE COMPLIMENTS YOU



ASK FOR HELP & SUPPORT.

Set goals & work towards them, step by step.



Be responsible for your choices

The Handbook For Building Healthy Selfesteem In Children

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Dunn, Margaret A. Brady, Nancy Barber
Starr, Catherine G. Blosser, Dawn Lee
Garzon**

The Handbook For Building Healthy Selfesteem In Children:

This book delves into The Handbook For Building Healthy Selfesteem In Children. The Handbook For Building Healthy Selfesteem In Children is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into The Handbook For Building Healthy Selfesteem In Children, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to The Handbook For Building Healthy Selfesteem In Children
 - Chapter 2: Essential Elements of The Handbook For Building Healthy Selfesteem In Children
 - Chapter 3: The Handbook For Building Healthy Selfesteem In Children in Everyday Life
 - Chapter 4: The Handbook For Building Healthy Selfesteem In Children in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, the author will provide an overview of The Handbook For Building Healthy Selfesteem In Children. This chapter will explore what The Handbook For Building Healthy Selfesteem In Children is, why The Handbook For Building Healthy Selfesteem In Children is vital, and how to effectively learn about The Handbook For Building Healthy Selfesteem In Children.
3. In chapter 2, this book will delve into the foundational concepts of The Handbook For Building Healthy Selfesteem In Children. This chapter will elucidate the essential principles that must be understood to grasp The Handbook For Building Healthy Selfesteem In Children in its entirety.
4. In chapter 3, the author will examine the practical applications of The Handbook For Building Healthy Selfesteem In Children in daily life. The third chapter will showcase real-world examples of how The Handbook For Building Healthy Selfesteem In Children can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of The Handbook For Building Healthy Selfesteem In Children in specific contexts. This chapter will explore how The Handbook For Building Healthy Selfesteem In Children is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about The Handbook For Building Healthy Selfesteem In Children. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of The Handbook For Building Healthy Selfesteem In Children.

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The Handbook For Building Healthy Selfesteem In Children Introduction

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