

Self-talk *for* Self-esteem



How you think affects how you feel. So if you want to improve your self-esteem, you have to improve your thoughts. Pay attention to your self-talk and choose new, believable messages that will help you feel better about yourself. Over time, you can pick thoughts that are even more positive.

Instead of:

Think:

"I can't do this."

1

"I can't do this YET. But I'm getting there."

"I'm a failure."

2

"Failing is an important part of succeeding."

"No one likes me."

3

"It's impossible for everyone to like me."

"My body is ugly."

4

"This is a human body. Other people have bodies like this."

"This will never work."

5

"I can figure it out, even if I have to ask for help."

"I should just quit."

6

"I can do hard things. I've done hard things in the past."

"I don't know what to do."

7

"I'm learning something new."