

Ways to Increase Self-Esteem and Self-Worth

Understanding the Difference

- **Self-esteem:** How you evaluate yourself — based on confidence, skills, and achievements.
- **Self-worth:** How you value yourself — simply for existing, regardless of what you do or achieve.

20 Ways to Strengthen Self-Esteem and Self-Worth

1. Practice Daily Affirmations — Speak kindly to yourself: 'I am enough as I am.'
2. Notice Self-Talk — Track how you talk to yourself. Replace criticism with compassion.
3. Set Small, Achievable Goals — Complete one task daily that aligns with your values.
4. Celebrate Small Wins — Record one thing you did well at the end of each day.
5. Learn to Accept Compliments — Say 'thank you' instead of dismissing praise.
6. Surround Yourself with Supportive People — Spend time with those who uplift you.
7. Engage in Activities That Bring Joy — Reconnect with hobbies or passions.
8. Take Care of Your Body — Eat, move, rest, and hydrate for respect, not perfection.
9. Set Healthy Boundaries — Say no when something doesn't serve your well-being.
10. Identify and Challenge Negative Beliefs — Ask: 'Is this thought true? Helpful? Kind?'
11. Acknowledge Past Pain Without Self-Blame — Healing begins when you validate your story.
12. Practice Self-Compassion — Speak to yourself as you would to a struggling friend.
13. Express Gratitude — Write down 3 things you're thankful for each day.
14. Reconnect with Values — List 5 values and align actions with them.
15. Engage in Meaningful Service — Help others from abundance, not obligation.
16. Limit Comparison — Notice when you compare and refocus on your growth.
17. Forgive Yourself — You are allowed to outgrow who you once were.
18. Seek Growth, Not Perfection — Focus on learning, not flawless outcomes.
19. Spend Time in Silence or Nature — Reconnect with your inner voice.
20. Reflect on Your Unchanging Worth — Remember your worth is not conditional.

Personal Reflection

- Which 3 strategies above feel easiest to begin with?
- Which feel most challenging — and why?
- What's one belief about yourself you'd like to unlearn?
- How can you show yourself respect this week?

Daily Practice Log

Date	One Action That Honored My Worth	Self-Esteem Rating (1-10)	Notes