

SELF-ESTEEM

Do you like you? If you answered “no” to that question, you probably need help with boosting your self-esteem. Feeling good about yourself, or having “self-esteem,” is important. Your self-esteem or lack of it has a huge influence on the choices you make.

Sometimes it can be hard to feel good about yourself if others put you down because of your appearance, race/ethnic background, religion, physical disabilities, the clothes you wear, or how much money you have or don’t have. When people treat you differently based only on outside things – it’s their problem, not yours.

WAYS TO BUILD SELF-ESTEEM

• **List your Good Qualities.**

Part of developing a good self-image is learning to feel good about your skills as well as personal traits. Even the simplest things can make you feel good.

• **Compliment Others.**

By making other people feel good about them-selves, you’ll get a positive feeling in return.

• **Offer Someone Help.**

A great way to feel better about yourself is to help others in need – tutor a friend, help an elderly neighbor with their lawn, etc.

• **Set Personal Goals.**

Set goals for yourself and find ways to achieve them. You will become good at what you spend your time on.

• **Make Friends With Positive People.**

The people you hang around can have a big impact on the way you think and feel. You can help each other feel positive.

• **Be Yourself.**

As simple as it sounds, people will respect you most for being yourself and making decisions you’re comfortable with. No one likes a phony.

Remember, what makes a person wonderful are the things you can’t see.

Find the beauty inside of you that nothing on the outside can touch!



If you need to talk to someone about self-esteem, try a trusted friend or a favorite teacher. There is also a community group that can help:

Boys & Girls Club845-2582 (Wausau location)
or . . .581-7667 (Greenheck location)

The Boys & Girls Club’s programs are designed to help each member gain self-esteem and a sense of competence, belonging and influence.