# Steps To Improving Your Self-Esteem

- Be mindful about self-criticism and note that they are thoughts, not facts.
- Unlearn negative thoughts by saying positive affirmations to yourself.
- Stop comparing yourself with others.
- Recognize what your strengths are and the feelings of confidence they engender.
- Exercising daily can empower you both mentally and physically.
- Being of service to others helps you feel good and accomplished.
- Forgiving yourself and others boosts your self-esteem.
- Remember that you are not your circumstances.

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**Brendan G. Carr** 

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