



# 14 Activities *for self-esteem*

Day 1: Name 3 people whose lives are made easier because of your presence

Day 2: Write 3 achievements you are proud of

Day 3: Write 10 strengths and talents that you have

Day 4: Write 3 compliments which make you feel good

Day 5: Ask a friend or loved one to name 3 strengths that you have

Day 6: Compliment a stranger (a tough one!)

Day 7: Have lunch or tea alone at a nice cafe. Enjoy your own company.

Day 8: Script your ideal life. Choose one goal which you really want to achieve. Grab your journal and write today's entry as though you have achieved that goal. Write your feelings when you achieved it, the ups and downs you had to go through to achieve the goal. (It's a fun exercise, promise!)

# Self Esteem At Work

**ML Morrison**



## **Self Esteem At Work:**

## Unveiling the Magic of Words: A Overview of "**Self Esteem At Work**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Self Esteem At Work**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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