

## GENERAL TIPS TO IMPROVE SELF-ESTEEM



### 1. Explore Yourself



It isn't only about knowing your strengths and weaknesses, but also opening yourself up to new opportunities, new thoughts, trying out something new, new viewpoints, and new friendships.

## 2. Set Aside Perfection



We are surrounded by an idea of perfection. But it is an artificial creation of the society. It doesn't exist.

## 3. Stop Comparing Yourself to Others



It can be tough, but you need to stop comparing yourself to others. The only person you should be competing against is yourself.





**4.**

**Set Realistic  
Expectations**

This may help you stop the cycle of negative thinking about yourself that reinforces negative self-esteem.

**5.**

**Adopt a More  
Positive Lifestyle**



Find a hobby, surround yourself with positive people, eat a healthy diet, exercise more. And enjoy it.