



Believing in yourself is one of the most powerful things you can do. Self-esteem helps you take on challenges, bounce back from mistakes, and feel proud of who you are. Here are ways to build strong self-esteem:

- Forgive yourself when you make mistakes
- Give yourself credit and accept compliments
- Try new things, even if it's challenging
- Take care of your body – sleep, eat, and move in ways that make you feel good
- Be your own best friend – treat yourself with kindness and respect

Developmental Asset #38 — SELF-ESTEEM:
Young person reports having high self-esteem.

Learn more at www.projectcornerstone.org



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