

Building My Self-Esteem

Helpful things to say to build my self-esteem:

- I appreciate every moment of my life.
- I will accept myself without conditions.
- I am a compassionate and helpful person.
- I look at life in an upbeat way.
- I eagerly accept new challenges.
- I am loving and good to myself.
- I am worthy of love.
- I enjoy getting compliments.
- I enjoy getting recognition for the good things I do.
- I am as important as everyone else.
- I will not dwell (focus) on my past mistakes. I will learn from them.
- I will do what I can and not worry about the rest.
- I am going to reach my goals.
- I am a unique person and worthy of respect.
- I will look at challenges as opportunities to grow.

Create your own helpful statement: _____

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

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The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.