



## Build Healthy Self-Esteem

### CHALLENGE

Do things to build your self-esteem each day.



### Requirements to complete this HEALTH CHALLENGE™

1. Do things that improve your self-image and make you feel good about yourself, and write them down.
2. Read "Build Healthy Self-Esteem"
3. To complete the Challenge, do things to build your self-esteem on at least 22 days this month.
4. Keep a record of your completed Challenge in case your organization requires documentation.

"Everyone likes a compliment," Abraham Lincoln once said. The 16th president of the United States endured a lifetime of failures and heartbreaks before being elected commander-in-chief. But he never let those setbacks keep him from looking on the bright side of things. "Most folks are as happy as they make up their minds to be," he said.

So smile, and give yourself a compliment for being you. When you have healthy self-esteem, you're happier, feel more relaxed, and can be more productive. You have confidence to try new things, reach out to others, and take responsibility for your life. Be good to yourself, and do something to build your self-esteem each day this month.

### Happy to Be Me

When you feel good about yourself, you can be happy even when life is a little harsh. No one is immune to illness, injustice, money problems, relationship challenges, accidents, or natural disasters. But when bad things happen, positive self-esteem allows you to put those things in perspective. And there's more to it than just feeling good. Research shows that an optimistic outlook can help reduce your risk for stroke and strengthen your immune system.

Recognizing the things that make you great can make a difference. It's that kind of thinking that helped Mahatma Gandhi bring independence and freedom



to millions in India and inspire others around the world. He said, "A man is but the product of his thoughts. What he thinks, he becomes."

Healthy self-esteem also means you are concerned for others. You know you have something to offer – if not to the world, then at least to your neighborhood, church, and family. Sharing your talents, skills, and wisdom to help others is one way to build your self-esteem. And there are many other methods you can use to build healthy self-esteem.

### Healthy Self-Esteem Starts With You

Many factors can influence the way you feel about yourself. Decide to become the best person you can be, and work on developing your self-esteem every day. Here are some things you can do:

- **Don't compare yourself with other people.** Every person's experiences and circumstances are different. When you compare yourself, you'll always find someone who is better or worse, but you'll never find anyone just like you.
- **Look honestly at yourself.** Most people tend to ignore or downplay their strengths and positive character traits.
- **Identify your character strengths,** such as honesty, loyalty, or courage. And if you're not sure what they are, ask someone you know and trust to point them out.
- **Recognize your successes,** such as graduating from high school or college, winning an award, or accomplishing a goal. Take a few minutes to remember the struggle, and how good you felt when you achieved your goal.
- **Be grateful.** Take time to recognize the good things in your life, and the people who have helped you. Be grateful, and give thanks.
- **Write down your achievements.** Keep a journal, diary, or list of things you accomplish, big or small. And review this regularly to remember how great you are.
- **Identify things you are good at,** such as maintaining healthy relationships, performing well at work, making people laugh, playing sports, or giving service to other people.
- **Talk to yourself positively.** Making a mistake doesn't make you a failure. In fact, failure was part of the formula Thomas Edison used to invent the light bulb. He said, "If I find 10,000 ways something won't work, I haven't failed. I am not discouraged,

because every wrong attempt discarded is another step forward.” When you fail – and everyone does sometimes – forgive yourself, learn from the experience, and move on. And when you succeed, praise yourself.

- **Ask for help.** Ask family members or friends to help you identify what you’re good at and what makes you great. Consider professional counseling to learn to improve your self-image. Or seek out a mentor who can help you.

### Take the Test.

Learn more about your self-esteem at:

<http://tinyurl.com/6s68bp6>

### Laugh More.

Some days are better than others. But an off-day doesn’t have to keep you from feeling good about yourself. Mistakes happen. Learn from them, and laugh about them when you can. You’ll feel better. In a recent study, researchers found that people who laughed more and faced failure with a positive outlook had better self-esteem than those who faced their problems using other coping strategies.

Source: *Anxiety, Stress & Coping*, 2011.

### Come On. Get Happy.

Use your smartphone to boost your self-esteem.

Android – Self-Esteem Blackboard

<http://tinyurl.com/795tpqj>

iPhone – Affirmations for Self-Esteem

<http://tinyurl.com/6rk44vu>

### Happy One Day at a Time

When you take time to improve your self-esteem, you’re actively choosing to make your life better. You’ll also be better prepared for the challenges that are bound to occur. Start by evaluating your self-esteem, and identifying ways you can improve your life (for example, losing weight, exercising more, or forgiving others). Then make those a daily practice. You’ll be happier and healthier.

Sources:

*National Mental Health Information Center*

*Center for Mental Health Services*

*Building Self-esteem: A Self-Help Guide*

*Substance Abuse and Mental Health Services Administration*

*Journal of Health Psychology*, 2009. 14(6):780-793.

*Stroke*, 2011. 42:2855-2859.

*Anxiety, Stress & Coping*, 2011. 24(5):477-497.

*Psychology Today*



## Take Small Steps Toward a Positive Self-Esteem

Little things can add up to the total of what you believe about yourself. Sitting around thinking negative thoughts is not going to make you feel better about yourself. You are unique and valuable. Treat yourself as someone who deserves good things.

Take the first step, and try the following self-esteem boosters:

- Take a walk break every day. Physical activity can help you feel better. And the longer you stick with it, the better you’ll feel. In fact, a recent study found that regular exercise can improve your self-esteem by stimulating the brain. Exercise promotes the growth of new brain cells, helping the brain operate more efficiently. Exercise also releases endorphins in the brain that help you feel good and positive about yourself. People feel good about becoming more fit, losing weight, reaching personal goals. These are all self-esteem builders.
- Do something you’ve been putting off, such as washing your car or completing a project at work or at home.
- Spend time with people who treat you well.
- Do something you enjoy, and choose an activity that will give you a sense of accomplishment.
- Lose weight. If you’re overweight or obese, get serious about losing weight, eating healthier, and exercising more.
- Let a stranger go in front of you at the checkout.
- Paint your bedroom a color that makes you happy. If you’re renting and can’t paint the walls, then buy a pillow in a cheerful color.
- Learn something new.
- Tell someone how much you appreciate them. Make it specific.
- Send hand-written thank you notes to people who have helped you.
- Have a physical exam every year to make sure you are in good health.
- Organize your sock drawer or cupboards.
- Get at least 7 hours of sleep daily.
- Frame pictures that remind you of special times in your life.
- When someone gives you a compliment, say “thank you,” and repeat the positive message in your mind, just as it was spoken.
- Meditate or pray.
- Volunteer at your child’s school or for a local community organization.
- Improve a skill by taking a class or asking someone for help.
- Remind yourself every day of the positive things about your life.
- Keep a list of important things you accomplish in your life.





# Build Healthy Self-Esteem

### Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of days you do something to build healthy self-esteem.
3. At the end month, total the number of days you were able to meet this goal. You must meet this goal at least 22 days during the month to complete the Challenge. Then keep up this healthy practice for a lifetime of good health!
4. Keep this record for evidence of completion.

**CHALLENGE**  
Do things to build your self-esteem each day.

MONTH: <input type="text"/>							HC = Health Challenge™ ex. min. = exercise minutes
SUN.	MON.	TUE.	WED.	THU.	FRI.	SAT.	Weight & weekly summary
HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	
HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	
HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	
HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	
HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	HC <input type="checkbox"/> ex. min. _____	

\_\_\_\_\_ Number of days this month I did something to build healthy self-esteem

\_\_\_\_\_ Number of days this month I got 30+ minutes of physical activity such as brisk walking or biking



**Other wellness projects completed this month:**

-----  
-----

Name \_\_\_\_\_ Date \_\_\_\_\_