

Avoid relying on others to give your self-esteem a boost.





Why be at the mercy of others when you can control your own feelings?





2. Spend extra time on your grooming.

A few extra minutes styling your hair or applying makeup more carefully can make you feel like a million bucks.

3.Let go of perfectionism.

You'll always fall short if you try to be perfect.



5. Try something new.

It's hard to feel good when your life is 100% predictable. Do something new today.

6. Avoid comparing yourself to others.

Everyone is better than you in one way or another. You're better than everyone else, too.



You might just enjoy it enough to continue for the entire day.





10. Get something done ahead of schedule.

It feels bad to be late with a project or obligation. Be early!



12. Do something you're good at and enjoy doing.

Excelling at something is comforting and confidence-building.

13. Stand up straight.

Your physiology leads your psychology.

14. Set and achieve a small goal.

It could be as simple as flossing each day.



15. Drop one, small, bad habit.

It might be your morning triple latte or staying up past 11:00pm during the week.

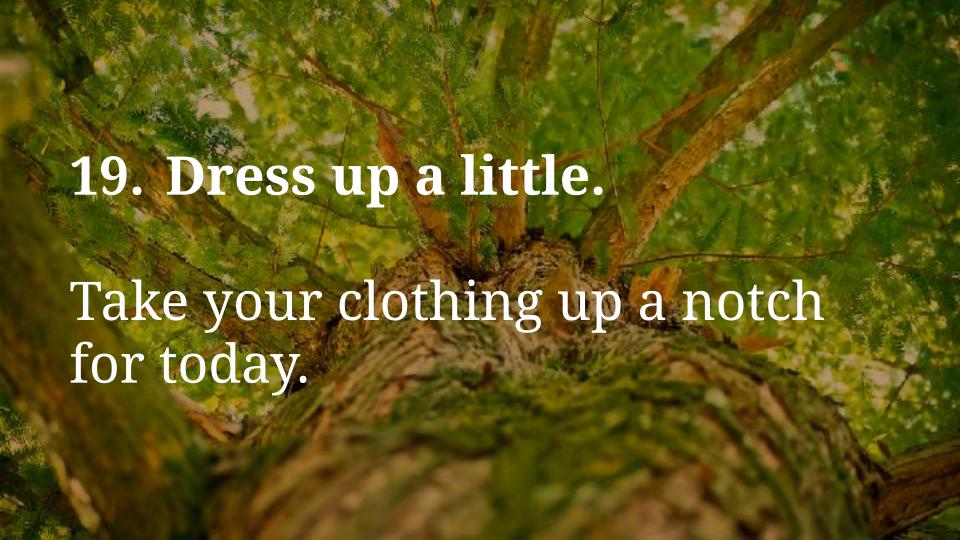
16. Look everyone in the eye.

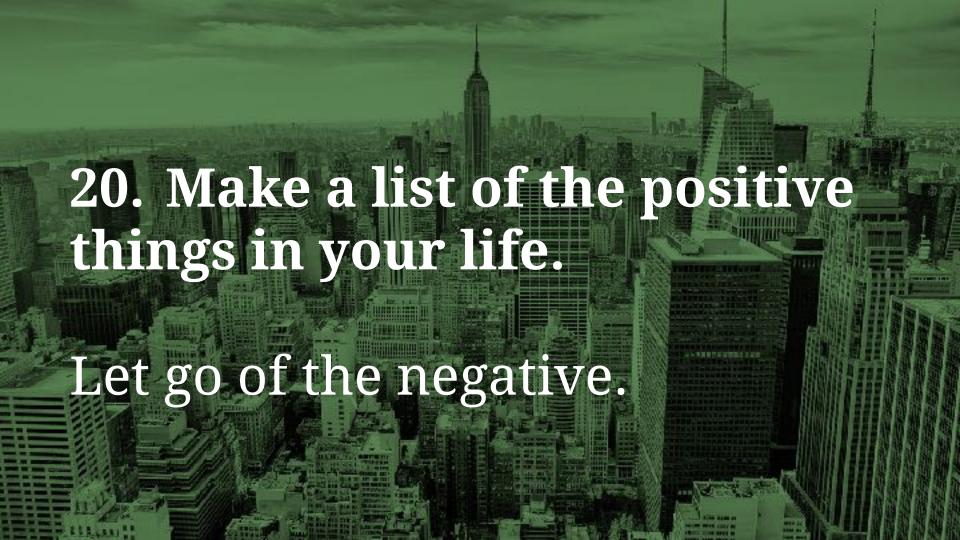
Good eye contact will increase your confidence and selfesteem.

17. Exercise.

When you're taking care of yourself, you feel better about yourself.

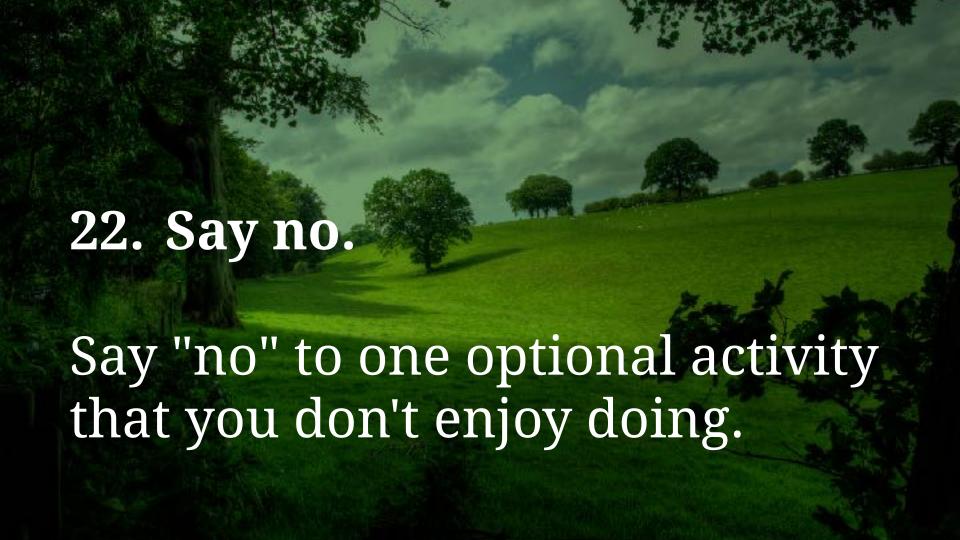






21. Start a new hobby you've been putting off.

Get the canvas, paints, and brushes you've been eyeing at the art store.





24. Give your opinion freely.

Speak up and voice your opinion when no one's feelings are at stake.

