

25 Ways to Build Your Self-Esteem



A black and white photograph of a wooden pier extending into a body of water. The pier is made of weathered wooden planks and has several vertical posts along its edge. In the background, there are hills and a few small boats on the water. The sky is filled with heavy, dark clouds, creating a somber and atmospheric scene.

When your self-esteem is low,
life is more difficult to navigate.




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

You can do it all by yourself.



The opinions of others
can't be controlled.





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



Boost your self-esteem and
enjoy your day more fully with
these tips:


A wooden boardwalk leads through a field of tall reeds towards a distant shoreline with palm trees under a cloudy sky.

1. Make a list of your positive qualities.

Set a timer for 2 minutes and see how many you can list.

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.

A dark, moody background image of a beach at sunset or sunrise. The sky is filled with dark, heavy clouds. The ocean waves are visible in the distance. In the lower right corner, there is a small silhouette of a person standing on the beach, looking out towards the water.



3. Let go of perfectionism.

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

A photograph of a window with white trim and blue shutters. A basket of flowers sits on the windowsill. The image has a purple tint. The text "4. Remember your greatest triumphs." is overlaid in white.

4. Remember your greatest triumphs.

You'll give a quick boost to your self-esteem.

5. Try something new.

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

The background of the image is a dark, blurred screenshot of a financial trading platform. It features multiple panels with green line charts showing price fluctuations over time, and tables of data with columns for various metrics. The overall aesthetic is professional and data-driven, typical of a stock market analysis tool.

6. Avoid comparing yourself to others.

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


**7. Spend an hour only
thinking positive thoughts.**

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



8. Do something that frightens you.

You could go to the pet store and hold a snake or walk up to a stranger and strike up a conversation.

A sepia-toned photograph of a long wooden pier extending from the foreground into a body of water. The pier is made of weathered wooden planks and has several dark wooden posts along its sides. In the background, the water stretches to a distant shoreline with some trees and a few small boats. The sky is filled with heavy, dark clouds, creating a somber and reflective atmosphere.

**9. Be kind to someone you
don't have to be kind to.**

Show yourself that you're a
good person.

A top-down view of a desk with a laptop, a pair of headphones, and a pair of glasses. The text is overlaid on the image.

10. Get something done ahead of schedule.

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



11. Prepare the night before.

Hit the ground running with a plan in place.



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 self-esteem.

17. Exercise.

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



18. Be grateful.

Gratitude makes you feel better about your life.

A low-angle shot of a tree trunk, looking up towards the canopy. The trunk is thick and textured, with some moss or lichen visible. The background is filled with dense green leaves and branches, creating a lush, natural setting. The lighting is soft, suggesting a forest environment.

19. Dress up a little.

Take your clothing up a notch
for today.

An aerial photograph of a dense city skyline, likely New York City, with the Empire State Building prominently visible in the center. The entire image is overlaid with a semi-transparent green filter. The text is centered in the upper half of the image.

20. Make a list of the positive things in your life.

Let go of the negative.

A misty mountain landscape with a sunburst breaking through the clouds. The scene is atmospheric, with soft light filtering through the haze. The text is overlaid in a clean, white, sans-serif font.

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

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



22. Say no.

Say "no" to one optional activity that you don't enjoy doing.



23. Create a vision for the future.

What would your ideal life look like?

24. Give your opinion freely.

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



25. Contribute.

Volunteer or give of yourself in
some other way.