Self-Esteem Tips

Use these tips to increase your self-esteem.

Compliment Others

Stop Comparing Yourself to Others

Socialize

Do something You Are Good At

Set Goals

Get Motivated & Active

Sit Up Straight

Try New Things

Get Involved

Volunteer

MAVERICKS STAND TALL!

BE A MAVERICK!

For more information about self-esteem visit http://teenshealth.org/teen/your\_mind/emotions/self\_esteem.html#