

9 SIGNS OF LOW SELF-ESTEEM & 10 WAYS TO BUILD CONFIDENCE

LOW SELF-ESTEEM SIGNS

1. Difficulty speaking up and prioritizing your own needs, wants, and feelings
2. Saying "I'm sorry" and/or feeling guilty for everyday actions
3. Not "rocking the boat"
4. Not feeling deserving of, or capable of, having "more"
5. Difficulty making your own choices
6. Lack of boundaries
7. Doing things or buying gifts excessively for other people
8. Negative self-perception
9. Critical, abusive internal dialogue

WAYS TO BUILD CONFIDENCE

1. Seek out professional help
2. Prioritize exercise that feels good for your body
3. Put your health first with well-rounded meals
4. Make a list of your priorities or goals
5. Pause and assess before automatically saying "yes" to a request
6. Start lifting yourself up!
7. Start meditating, using positive affirmations
8. Notice, and try to limit, when you are comparing yourself to others
9. Find your favorite way to unwind, relax, and pamper yourself
10. Replace "I'm sorry" with more situationally-appropriate interjections