

## 10 Ways to Raise Your Self-Esteem

1. **Love and respect yourself.**  
You need to treat yourself the way you want others to treat you. If you don't love yourself, you can't expect anyone else to love you.
2. **Focus on your good traits and not your bad.**  
What we focus on expands so make it positive. Write a list and say affirmations daily.
3. **Don't compare yourself to others.**  
You are a unique individual. Think about what you have that everyone else doesn't.
4. **Look on the inside.**  
Base your self-esteem on who you are on the inside and not your physical appearance. Your outward appearance could change at anytime but who you are on the inside remains constant.
5. **Share your smile.**  
Smile at everyone you come in contact with and notice they will smile back. You glow when you smile and it makes you feel better about yourself.
6. **Be thankful for your uniqueness.**  
God made each one of us with our own individual characteristics and we need to express gratitude for that.
7. **Get rid of past baggage and resentment.**  
It will cause negative thoughts and result in low self-esteem. Learn to forgive, let go of any wrongful acts done to you and you will experience peace.
8. **Be positive.**  
See the positive, not the negative in everything that happens to you. There is more power in a positive thought than a negative one.
9. **Exercise.**  
Exercise everyday because movement increases serotonin, the happy hormone. You will have more energy and feel better about yourself.
10. **Find your purpose in life.**  
Discovering your passion and having a purpose will help your self-esteem. Set goals that will benefit others. When you help others, it raises your self-esteem and makes you feel better about yourself.

Follow these ten steps and you will notice an improvement in your attitude and self-esteem.



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**Carol Harper**, author and motivational speaker is passionate about sharing her story and helping women build their self-esteem from the inside out. She knows from personal experience that your outward appearance can be changed in an instant, but your inner self remains the same.

Telephone: 770-505-0514  
Email: [Carol@CarolHarperSpeaks.com](mailto:Carol@CarolHarperSpeaks.com)  
Website: [www.CarolHarperSpeaks.com](http://www.CarolHarperSpeaks.com)