

From Self-Esteem to Self-Determination

Build Self-Esteem

Negative self-talk is poison. It is **crucial** for you to stop yourself from becoming your own poison. Whenever you feel the odd need of bringing yourself down, do this exercise:

Negative Talk	Positive Talk
Example: "I gained so much weight after my baby! I am soooooo fat. Ugh!!!"	Positive: "Well, at least I got options. I can get healthier and/or turn to surgery."

Be Kind

Your goal for this activity is to say something nice to someone every day or do something good for them. You don't have to write it down; knowing that you are making someone else's day is enough.

Invest In Yourself

This is where you work on those insecurities that keep you up at night. Here are the most common "issues" that keep us, women, up, and some potential solutions. Feel free to add yours. Again, as mentioned, I am not here to tell you that you are perfect the way you are, that BS doesn't work. What I am here for is to tell you that if you don't like something, you can almost always change it.

Issues	Solutions
I'm overweight	Okay. Visit a nutritionist, eat healthier, get active, join a fitness group. The key is to do something about it, not lay back and complain.
My hair is dull	Invest in better treatments, visit a hair salon with staff that knows what they're doing.
I have stretch marks	Research removal methods and get them off. It's not cheap, but it's an option.